

ELLE MACPHERSON THE BODY™



IPL Hair Reduction Device

2 Year Guarantee

Instruction Manual

By
HOMEDICS®

IPL-100-GB

QUICK START GUIDE

What is IPL?

IPL is a home-use for the permanent reduction of hair growth based on Intense Pulsed Light (IPL) technology that is found in salons across the globe. It is a non-invasive device which works below the skin's surface and therefore does not involve any cutting or pulling, reducing hair growth with minimal pain!

Please read all instructions and safety precautions carefully prior to use.

- IPL should ideally be used on the legs, underarms, bikini line, chest, stomach, arms and on the face below the cheek bones (not for use on the face by men).
- Do not use the IPL over mucous membranes i.e nose and ears.
- Do not use IPL over piercing or any metal items such as earrings or jewelry.
- Do not use IPL on tanned skin during 4 weeks after sun exposure (more than 15 minutes in direct sunlight without protection) as this can cause serious burns or skin injury.
- Avoid more than 15 minutes of direct sun exposure for at least 2 weeks post treatment. If recently treated skin is exposed to sunlight in this period of time, make sure to apply SPF 30 or higher sunscreens.
- Do a spot test on a small patch of skin in the intended treatment area, 48 hours prior to first use of the IPL (see spot test chapter).
- Do not use IPL on naturally dark skin (see guide on box and on page 10).
- Keep out of children's reach.
- The IPL is to be used for hair reduction purposes only. Do not use it for any other purpose.
- Use the IPL only according to the instructions for use.

IPL set-up

1. Remove all components from the box (base unit, applicator and power cord).
2. Make sure the replaceable lamp cartridge is placed correctly into the applicator.
3. Plug the power cord to the IPL base unit.
4. Only after plugging the power cord to the base unit, plug the other end of the power cord into the electrical outlet.

Using the IPL for the first time

1. Prior to use, make sure your skin is shaved, clean and dry (free of any residue such as powders, creams, makeup, antiperspirants or deodorants).
Warning! NEVER use flammable liquids such as alcohol or acetone to clean the skin before using the IPL.
2. When switching on the device always use the black switch by the power socket on the side of the device, this will turn the device on. The standby button on top of the device can be used to turn off the product after use.
3. The device sets itself on the lowest energy level. Use the energy level "-" and "+" buttons to decrease or increase the energy level to reach the level determined in the spot test and according to your convenience. The energy level lights will light up green according to the selected step.
4. Place the applicator treatment window on the required treatment area with full contact to the skin (the applicator will not trigger a pulse if there is no full skin contact).
5. Once the applicator is correctly placed, Press the trigger button. You will see a bright flash, hear a popping noise and you may feel a mild stinging or/and heat sensation. Within 3 seconds the device will be ready for the next pulse and the indicator light on the applicator will be solid green.
6. Remove the applicator from the skin and place it on the next spot of the treated area. When replacing the applicator, make sure there are no gaps or overlaps in the treated area.
7. Repeat steps 5 and 6 until all the chosen area has been treated.

NB: If the device is left on but not used for 5 minutes it will automatically switch itself off. If this has happened, press the black button next to the power cord socket to turn the device back on.

WARNINGS AND SAFETY PRECAUTIONS

When shouldn't IPL be used?

- Pregnant or nursing women must avoid the use of the IPL.
- Do not use the device if you have skin cancer or on areas at risk of malignancy.
- Do not use the IPL if you suffer from epilepsy.
- Do not use the IPL if you are/were under radiation therapy or chemotherapy within the past 3 months.
- Do not use the IPL if you have an active implant such as a pacemaker, insulin pumps, or similar devices.
- Do not use on damaged or broken skin or if you have a history of Herpes or Psoriasis outbreak in the treatment area.
- Do not use if you suffer from keloidal scar formation.
- Do not use if you have taken Tetracycline antibiotics within the last two weeks.
- Do not use if you have been taking medication with the following active ingredients within the last two weeks: Retinoids, Accutane and Retin-A.
- Do not use the IPL if you are photosensitive or have other diseases related to light sensitivity.
- Do not use if you suffer from metabolic conditions, such as diabetes.
- Do not use if you have had a skin peel or other skin resurfacing procedure within the last 6 – 8 weeks.
- Do not use the IPL if you were exposed to strong sunlight or an artificial tanning machine during the past 30 days.
- Do not use the IPL if you have dark spots such as large freckles, moles or blisters on the treatment area.
- NEVER use flammable liquids such as alcohol or acetone to clean the skin before using IPL.
- Do not use the IPL on the face above the cheek line; around the eyes, eyebrows or eyelashes as this could cause serious eye damage.
- Do not use the IPL over mucous membranes as in the nose and ears
- Do not use IPL over piercing or any metal items such as earrings or jewelry.
- The IPL s should not be used on tattoos, permanent make up and intimate body parts such as nipples, genitalia or around the anus.
- If you see extreme redness of the skin, blistering, or burns STOP USE IMMEDIATELY!
- Do not leave the device unattended when plugged into an electrical outlet.
- Do not look directly at the light coming from the applicator and the lamp cartridge.
- Do not use the device for any purpose other than hair reduction.
- Use of the IPL may cause temporary skin color changes.
- Do not open or repair the device as it contains dangerous electrical components which may cause physical damage.
- Do not use the IPL with any additional accessories that are not part of its intended use.

CAUTION:

- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities unless they have been instructed by a person responsible for their safety, according to the instructions for use.
- **KEEP OUT OF CHILDREN'S REACH.**

Warning!

Do not use this appliance near bathtubs, showers, basins or other vessels containing water.

PARTS IDENTIFICATION

The IPL consists of the following main components: Base unit, applicator and AC cord.

BASE UNIT AND APPLICATOR



BASE UNIT

Main power button

Standby button

Energy level selection button – Press "-" or "+" to select energy level

6 Energy levels lights – Light up green when energy level is selected

Replace cartridge light – will stay on when the cartridge needs replacing

APPLICATOR



Two trigger buttons (flash pulse activation) are located on each side of the applicator hand piece (see diagram on right). Either one of the trigger buttons will activate the flash lamp. The two buttons are implemented for right and left handed convenience only.

The replaceable lamp cartridge is located inside the applicator's inner body.

The indicator light is located in the top middle of the applicator head and lights green/red as follows:

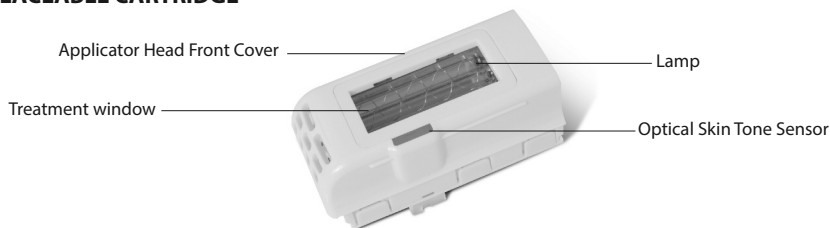
No light - Pulse is not ready.

Green light on – Pulse is ready.

Red light on – Pulse is blocked due to lack of full skin contact and/or incompatible skin tone (high Fitzpatrick level see user instruction section on page 10).

Red LED on applicator comes on and the device switches itself off – Cartridge is not properly connected when the device is turned on.

REPLACEABLE CARTRIDGE



FACIAL ADAPTOR



PRIOR TO USE

Instructions and Safety Precautions – please read carefully prior to use

- Do not use IPL on tanned skin, during 4 weeks after sun exposure (more than 15 minutes in direct sunlight without any protection) as this can cause serious burns or skin injury. Treating skin that has recently been exposed to sunlight can result in adverse effects such as burns, blisters and skin color changes (hyper- or hypo-pigmentation).

Remember: The IPL comes with a built-in skin tone sensor that is designed to measure the skin type of the applied surface and enable application only on suitable skin type. This unique safety feature will not let you treat areas where your skin is too dark or too tanned, even if your general skin type is lighter.

- Avoid more than 15 minutes of direct sun exposure for at least 2 weeks post treatment. If recently treated skin is exposed to sunlight in this time period, make sure to apply SPF 30 or higher sunscreen.
- Do a spot test on a small patch of skin in the intended treatment area, 48 hours prior to first use of the IPL to determine energy level settings for your treatment (see spot test chapter).
- Do not use the IPL on the face above the cheek line; around the eyes, eyebrows or eyelashes as this could cause serious eye damage.

Note: using IPL to remove facial hair may take more treatments.

- Do not use the IPL over mucous membranes i.e nose and ears.
- Do not treat over piercing or any metal items such as earrings or jewelry.
- Do not treat the same area of skin more than once per treatment.
- If your skin blisters or burns, stop use immediately.
- Never look directly at the light coming from the IPL.
- IPL may cause temporary pigmentation changes.
- Device should never be left unattended while plugged into the electricity.
- Keep the device away from water – do not use while bathing.
- Do not use the device if:
 - the cord or plug are damaged
 - you see or smell smoke
 - the device is not working properly, appears damaged or broken
 - the outer shell is damaged or loose
 - lamp cartridge or treatment window are damaged/ missing
 - becomes damp or wet

Recommended treatment protocol:

For body treatment

- The first 1-4 hair reduction sessions should be approximately two weeks apart.
- Sessions 5-7 should be approximately four weeks apart.
- Thereafter the IPL should be used again when needed until the required long term results are achieved.
- Due to hormonal or other physiological changes dormant hair follicles may become active and new hairs can appear – maintenance hair reduction sessions may be required from time to time.

Note: treating the same area more than once in two weeks is not effective.

For facial treatment

- The first 1-6 hair reduction sessions should be approximately two weeks apart.
- Sessions 7-12 should be approximately four weeks apart.
- Thereafter the IPL should be used again when needed until the required long term results are achieved.
- Due to hormonal or other physiological changes dormant hair follicles may become active and new hairs can appear – maintenance hair reduction sessions may be required from time to time.

Note: treating the same area more than once in two weeks is not effective.

What to expect when using the IPL

- A flash of light – will not harm the eyes when the applicator is applied with full contact to the skin, on the recommended treatment areas.
- Fan noise – Lower than that of a hair dryer.
- A pop noise with each pulse – whenever a pulse is activated.
- A sensation of warmth – from the light energy after each pulse.
- A mild stinging sensation - similar to that of being snapped with a rubber band.
- Some mild red or pink color – during and just after use of the IPL.

POSSIBLE SIDE EFFECTS

When using the IPL according to the instructions for use, side effects are rare. However, every cosmetic procedure including the usage of home use devices may cause some degree of side effects:

Minor Side- Effects	Irritation Redness Sun Sensitivity
Rare Side- Effects	Burns Scarring Pigment Changes Excessive Redness Swelling
Extremely Rare Side- Effects	Infection Bruising

SPOT TEST

The spot test is intended to determine your skin's reaction to the IPL treatment and help you set the optimal energy level for each treatment area.

Do a spot test on each area you intend to treat 48 hours prior to the full treatment.

Note: For facial area treatments the test should be done in a hair-free area such as below the ear or the side of the neck.

1. Prior to use, make sure your skin is shaved, clean and dry (free of any residue such as powders, creams, makeup, antiperspirants or deodorants).
Warning! NEVER use flammable liquids such as alcohol or acetone to clean the skin before using the IPL.
2. Set up the IPL as per user instructions 2 to 5 (see page 8).
3. Place the applicator treatment window on the required test area with full contact to the skin.
4. The device sets itself on the lowest energy level. Deliver the first pulse, on energy level 1, by pressing the trigger button. You will see a bright flash, hear a popping noise and you may feel a mild stinging or/and heat sensation. Within 3 seconds the device will be ready for the next pulse and the indicator light on the applicator will be solid green.
5. Remove the applicator from the skin and place it on the next spot of the test area.
6. Use the energy "+" button to increase the energy level by 1. The energy level lights will light up green according to the selected energy level. Deliver the second pulse, on energy level 2, by pressing the trigger button.
7. Only if you feel comfortable repeat steps 5 to 6 until you have reached the maximum energy level of 6. Stop the test once you do not feel comfortable, increasing the energy level increases the risk of adverse effects.
If you see adverse effects such as severe redness or blistering stop the test immediately.
8. Wait 48 hours and examine the tested area.
If the skin in the test area seems normal (no response or mild redness) you can proceed with a full treatment in the highest comfortable energy level you tested.
If you see extreme redness, swelling or blistering, even in the low energy level settings do not do the full treatment in that area.

Note: Do not treat full areas in energy levels you have not tested before!
Do not treat the tested area for at least 1 week after the spot test is done.

USER INSTRUCTIONS

How to Use (Body treatment)

1. Prior to use, make sure your skin is shaved, clean and dry (free of any residue such as powders, creams, antiperspirants or deodorants).
Warning! NEVER use flammable liquids such as alcohol or acetone to clean the skin before using the IPL.
2. Make sure that the replaceable lamp cartridge is placed correctly into the applicator.
3. Plug the power cord to the IPL base unit.
4. Only after plugging the power cord to the base unit, Plug the other end of the power cord to the electrical outlet.
The IPL is now ready to be used.
5. When switching on the device always use the black switch by the power socket on the side of the device, this will turn the device on. The standby button on top of the device can be used to turn off the product after use.
6. The device sets itself on the lowest energy level. Use the energy level "-" and "+" buttons to decrease or increase the energy level to reach the level determined in the spot test and according to your convenience. The energy level lights will light up green according to the selected energy level.
7. Place the applicator treatment window on the required treatment area with full contact to the skin. If the applicator is not properly applied or your skin tone is too dark/tanned the indicator light on the applicator will be solid red. In this case the IPL will not trigger a pulse in that area of skin.
8. Press the trigger button (left or right for your convenience, there is no need to press the left and right trigger buttons simultaneously). You will see a bright flash, hear a popping noise and you may feel a mild stinging or/and heat sensation.
9. Remove the applicator from the skin and place it on the next spot of the treated area. When replacing the applicator ensure there are no gaps or overlaps of treated skin. The device will immediately recharge and will be ready for the next pulse (the indicator light on the applicator will be solid green again) within 3 seconds. Repeat process until the entire treatment area has been covered.
10. Turn off the device and then unplug unit upon each treatment session.

NB: If the device is left on but not used for 5 minutes it will automatically switch itself off. If this has happened, press the black button next to the power cord socket to turn the device back on.

Facial treatment

The facial skin is a sensitive area that requires special care and caution. Make sure you follow all instructions and safety precautions carefully in order to avoid adverse effects.

The product includes a facial adaptor in the box, it is recommended that you use this when performing facial treatment as it focusses the IPL energy on a smaller area.

As the facial adaptor focusses the energy onto a smaller area, it is important not to exceed energy level 3 for facial treatment. Start the treatment on level 1 and increase only if the treatment is comfortable.

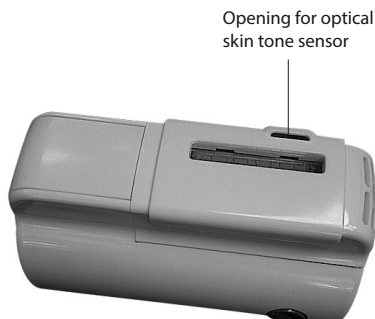
Treating on an energy level higher than 3 may burn the skin.

Fitting the facial adaptor

The facial adaptor simply clicks into place covering part of the treatment window. When fitting the facial adaptor, take care to line up the optical skin tone sensor with the appropriate part of the adaptor. To remove after completing facial treatment, apply upward pressure on the edge of the facial adaptor that is the same side as the optical skin tone sensor so that it unclicks and pulls away from the applicator.

It is recommended you first do a body treatment and get to know the device, before moving on to facial treatments.

The IPL can be used to treat all facial areas below the check line such as Upper lip, cheek, jaw, chin and neck.



Warning!

Do not use the IPL on the face above the cheek line or around the eyes, eyebrows and eyelashes as this could cause serious eye damage.

Do not use the IPL over mucous membranes as in the nose and ears

1) Make sure you do a Spot Test 48 hours prior to treatment. The Spot test should be done in a hair-free area such as below the ear or the side of the neck to determine the energy level.

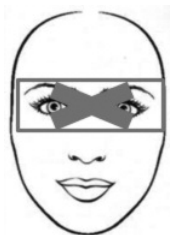
Warning! Do not treat the tested area for at least 1 week after the spot test is done

2) Mark the treatment area with a white eye pencil. Use the mark as guidance for delivering the pulses. In this way you can avoid overlapping treatment areas or treating unwanted facial areas.

3) Use a mirror to help you place the applicator correctly on the treatment area.

4) Follow the instructions for use (see previous chapter #) with additional care to the following specific area instructions.

Note: Facial Hair may be hormonal and as such, it can take more sessions to achieve a permanent hair reduction.

**Upper Lip Treatment**

Place the Applicator treatment area as indicated in the picture. Trigger one pulse in each marked area.

Avoid the nostrils and lip, as these areas are more sensitive.

You can "fold" your lip inward or press the lips together to achieve a better spread treatment area.

**Cheek and Jaw treatment**

Place the Applicator treatment area as indicated in the picture. Trigger one pulse on each spot, moving from one side of the jaw/cheek to the other.

Neck and chin treatments

Place the Applicator treatment area as indicated in the picture. Trigger one pulse on each spot, moving from one side of the neck/chin to the other.

Note: The skin on lower third of the neck is more sensitive, avoid overlapping treatment areas.

**For Male users**

It is not recommend to use the product for facial treatment as this may change the facial characteristics and result in a feminine look.

Note: Premature ageing characteristics can emerge due to complete loss of facial hair of men.

Post treatment care for facial treatment

Apply a calming lotion such as Aloe Vera.

Avoid using peeling and bleaching creams or products for at least 24 hours as this irritates the treated skin.

Avoid more than 15 minutes of direct sun exposure for at least 2 weeks post treatment. If recently treated skin is exposed to sunlight in this time period, make sure to apply SPF 30 or higher sunscreen.

Do not wax or pluck hairs from treated areas.

Remember! It may take up to 2 weeks for the hair to grow and fall out.

CLEANING/MAINTENANCE/TROUBLESHOOTING

Long Term Hair Reduction – Hair Growth Cycle

Two factors play an important role in optimal long-term hair reduction:

- Hair growth cycle (Anagen, Catagen and Telogen). Anagen is the growth phase while Catagen and Telogen are the resting phases. Permanent hair reduction can only occur during the Anagen phase.
- Skin type (according to Fitzpatrick scale). Darker skin contains more melanin, which competes with the targeted hair for energy light absorption. When more light energy is absorbed in the skin there is more risk of adverse effects and the epidermis may get damaged.



Do not use the IPL on naturally dark skin types

Estimated Treatment protocol for Hair Reduction

Hair Color	Fitzpatrick Skin Level	Energy Levels	Treatment Area	Average Number of Treatments	Treatment Interval
Light Brown to Brown	1-4 Inclusive	1-6	Legs	10-12	The 1-4 treatments will be approximately two weeks apart, followed by four weeks' time intervals
			Arms		
			Underarms		
			Bikini Lines		
Brown to Black	1-4 Inclusive	1-6	Legs	8-10	
			Arms		
			Underarms		
			Bikini Lines		
Light Brown to Brown	1-4 Inclusive	1-6	Facial treatment: upper lip, cheek, jaw. Chin and neck	10-12	The 1-6 treatments will be approximately two weeks apart, followed by four weeks' time intervals
Brown to Black				8-10	

Note: Response to IPL hair reduction differs between individuals depending on biological factors.

Cleaning

Make sure to turn off and unplug unit before cleaning.

It is recommended that the applicator head cover be cleaned after every session by using a dry, clean cloth to gently wipe the device.

Keep the IPL dry, Never submerge the device or any of its parts in water.

The Replaceable Cartridge

The cartridge supplied with the product will last up to 5,000 pulses (15,000 pulse replacement cartridges are also available).

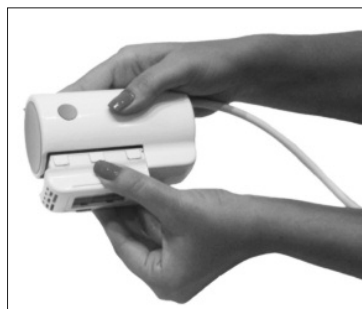
When the cartridge has reached 80% of its lifetime, the replace cartridge light (located on the base) will start blinking red indicating that the cartridge is approaching its final pulses. When using over 90% of its life time, the replace cartridge light will blink rapidly. Once all pulses in the replaceable cartridge have been used, no further pulses will be delivered and the replace cartridge light will be solid red.

Replacement cartridges are available from www.homedics.co.uk

To replace the cartridge:

1. Turn off the device and then unplug from the Power outlet.
2. Firmly grasp the used cartridge on both sides and pull out in an even and smooth motion. Do not pull out with force. Discard the used cartridge.
3. Remove all packaging from the new cartridge and insert it into place.

Warning! Do not pull out the used cartridge before turning off and then unplugging the device!



Troubleshooting

Note: If you experience any problems with the IPL, please refer to below information to try to resolve it.

If the IPL does not turn on:

- Make sure that the power cord is plugged properly into the Base unit and the electrical outlet.

If the IPL does not trigger a pulse:

- Verify there is full contact with the skin. The trigger button will activate a flash pulse only when the applicator is in full contact with the skin.
- If the skin color level identified by IPL is too dark, the flash activation will be blocked. This situation is indicated by a solid red light on the applicator hand piece.
- When the cartridge reaches 80% of its life time, the replace cartridge light will start blinking red slowly until reaching 90%, then the replace cartridge light will blink more rapidly. Once all pulses in the replaceable cartridge have been used, no further pulses will be delivered and the replace cartridge light will be solid red.
- In case the cartridge is not properly connected the red LED on applicator comes on and the device switches itself off.

General error:

- In case of a general error all six energy level lights will blink green simultaneously. Reset the device. If you still have problems with your device, please contact our customer service.

Warning! – Do not try to fix or repair the IPL on your own
Do not open the IPL on your own

Note: Even if your natural skin type is compatible with the allowed tone, the IPL will not trigger a pulse while applying the device on dark spotted areas.

FAQ's

Does the IPL actually work?

Yes, IPL was proven to achieve long-term hair reduction results. The use of light energy has been well documented for over 17 years in professional journals and by well-respected institutions.

Which body areas can the IPL be used on?

The IPL device is designed to remove hair everywhere below the cheek line with the most commonly treated areas being the legs, underarms, arms and bikini line. Men should not use the device for facial treatment.

Is IPL safe for use?

The IPL has been tested and approved by dermatologists and physicians to meet the FDA safety standards for a home use device. This electronic device must be used according to the instructions for use and user precautions.

What effect does IPL have on different colored hair?

IPL works best on dark hair or hair that contain more melanin. Brown and light brown hair will respond but typically will require more treatment sessions. Red hair may show some response. White, grey or blond hair show limited response. Nevertheless, some users have noted hair reduction after multiple treatment sessions.

Does it hurt to use the IPL?

Some users may sense slightly more discomfort (when dealing with thicker and darker hair) but this discomfort diminishes once the session is completed. When correctly used most users feel a slight mild stinging or/and heat sensation at the time of the pulse light similar to that of snapping an elastic band.

When are results from the IPL achieved?

Results are not immediate, typically after two weeks many of the hairs in the treated area will simply fall out. As the hair grows in three different stages and only hairs in the active growth phase will be affected, multiple sessions are required to achieve the desired result.

Will my hair grow back after a treatment?

Yes, it may take up to 3-4 weeks before the full results of the IPL treatment can be seen. The hair will continue to grow up to two weeks after a hair reduction session. However, thereafter the hairs will fall out naturally depending on the hair growth stage in during which the treatment was done. Some hair may not be affected by the IPL because of the different hair growth phases. To remove this hair multiple treatment sessions are needed.

How long after sun exposure can the IPL be used?

It is recommended to wait four weeks after unprotected sun exposure. Tanned skin contains more Melanin that can increase the risk for adverse effects.

Should I pull the hair out as part of or after the IPL treatment sessions?

No, within 3 weeks the hair will naturally and gradually fall out. Not all the hairs are affected by one treatment because of the hair growth cycle and multiple treatments are required to reach the desired result.

Is long term use of the IPL dangerous for my skin?

The use of light and laser energy has been well documented for over 17 years. No side-effects or damage from long term use has been reported during that time.

Can the IPL be used to remove facial hair such as chin hair?

Yes, IPL may be used below the cheek line, on the upper lip, cheek, jaw, chin and neck. Do not use IPL near your eyes! Men should not use the device for facial treatment.

Can men use the IPL?

Yes, IPL is suitable for men, however men should not use the device for facial treatment. Male body hair, especially on the chest will generally require more hair reduction sessions.

How do I get more cartridges?

To order more cartridges visit your local stockiest or www.homedics.co.uk

SPECIFICATIONS

Emitted Light Spectrum: 475[nm] to 1,200[nm] Max.

Emitted Energy Flux: 5 [Joules/cm²]

Selectable Energy Levels: 6 levels

Treatment Area (regular window): 7 [cm²]

Speed: 1 pulse every 3 seconds: 2.3 [cm² per second]

Max pulses in lamp: 5,000 (15,000 in replacement cartridges)

Power Supply: 100-240 VAC, 50-60Hz

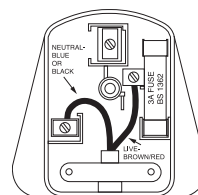
Technology: Home use IPL

STORAGE INSTRUCTIONS


Storage and Transport Conditions	
Temperature	-10 to 70 °C
Humidity	0 to 90% RH at 55[°C]
Pressure	non-condensing
Operating Conditions	
Temperature	10°C to 40°C
Humidity	30% to 70% RH
Max Operating Altitude	10,000 ft

Plug (GB ONLY)

If the plug on this appliance is damaged, it can be replaced with a BS 1363 plug, fitted with a 3A BS 1362 fuse. Only use a 3 amp fuse with this appliance. Care must be taken when changing the plug. If in doubt, contact a qualified electrician.



WEEE explanation

 This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.





ELLE MACPHERSON

THE BODY™

By
HOMEDICS®



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