

# HOMEDICS duo LUX

SALON HAIR REDUCTION SYSTEM  
FAST, SAFE AND LONG-LASTING



INSTRUCTION MANUAL

IPL-HH390-GB

# duo LUX

## QUICK START GUIDE



- ① Shave the hair in the area you wish to treat (to 1mm or less) then clean and dry the skin.
- ② Connect the power lead to the device and plug into the mains. All the LED lights on the device will flash and go off except the green status light which will stay illuminated.
- ③ Press the power button to activate the device. The green status light will flash and the device will default to the lowest power level (level 1 = one blue light).
- ④ Hold the device against your skin in the area to be treated, ensuring the treatment window is in full contact with the skin. The green light will stop flashing to indicate good contact is made and the power level will automatically adjust to suit your skin tone.
- ⑤ If you have sensitive skin you may need to reduce the power to a lower setting. **We strongly recommend a patch test to assess this before you carry out a full treatment (see page 6 of the instruction manual).** To adjust the power level manually, press the power button until the desired level is indicated.
- ⑥ For power levels 1, 2 & 3 – GLIDE MODE  
Hold the flash button down and glide the device slowly across the skin as it delivers a series of flashes.  
For power levels 4 and 5 – STAMP MODE  
Press the flash button once then move the device to the next patch of skin before pressing again. One flash will be delivered with each press.

## WELCOME

Welcome to DUO LUX – your new long-term solution for safe and effective hair reduction. Please read all instructions, warnings and safety precautions carefully prior to use.

DUO LUX is designed for use on the legs, underarms, bikini line, chest, stomach, back, arms and on the face below the cheekbones [although not recommended for use on male facial hair]. It works by directing light energy through the pigment of the hair, where it is converted to heat energy that disables the hair follicle, preventing the hair from re-growing.

### HAIR COLOUR

IPL hair reduction is effective on black, brown and dark blonde hair but not on white, grey, red or light blonde hair which has insufficient pigment to direct the light energy. The darker your hair the quicker you will start to see results.

### SKIN COLOUR

This device can be used on skin types I to V but should not be used on dark brown skin (type VI) as too much of the light energy will be converted to heat in the skin (instead of in the hair).

*See inside back cover for skin type and hair colour chart*

## WARNINGS AND SAFETY PRECAUTIONS

### SKIN SAFETY

**Do not use** this device on skin which has been exposed to sunlight or a sunbed within the previous four weeks (in excess of 15mins exposure without protection). Sun exposure increases the skins susceptibility to the possible side effects of IPL treatment (eg redness, burns, and discolouration)

**Avoid** sun exposure for at least 2 weeks after treatments or use a high SPF sunscreen (30+)

**Always** carry out a patch test on the skin 48 hours prior to first treatment of that area

**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 skin cancer or on areas at risk of malignancy.

**Do not use** on dark spots such as large freckles, birthmarks, moles, warts or blisters.

**Do not use** over tattoos or permanent make up

**Do not use** on intimate body parts such as nipples, genitalia or around the anus.

**Do not use** if you are photosensitive, if you have other diseases related to light sensitivity, or have been taking medication that can cause photosensitivity such as Retin A, Accutane or other retinoids.

**Do not use** if you have had a skin peel or other skin resurfacing procedure within the last 8 weeks.

**Do not apply** continuous flashes (one after the other)

on any one spot on your skin during treatment as extensive heat may build-up resulting in possible skin damage or scarring.

**Stop using immediately** if you notice extreme redness of the skin, blistering or burns.

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

**Do not use** over piercing or any metal items such as earrings or jewellery.

**Never use** flammable liquids such as alcohol or acetone to clean the skin before using the device.

**Use of this device** may cause temporary skin colour changes

### EYE SAFETY

This device emits flashes of Intense Pulsed Light which is potentially harmful to eyes if the device is not used as directed. For your safety, the device is designed to flash only when in contact with the skin thus limiting the amount of light that escapes to a safe level. However:

**Do not use** on the face above the cheek line; i.e. around the eyes, eyebrows or eyelashes.

**Do not** point the device directly towards the eyes or attempt to activate the flash near the eyes.

**Do not** look directly at the light coming from the treatment window

**We recommend** using the device in a well-lit room and looking away from the device when the flash is firing onto the skin

## GENERAL SAFETY

**Use only according to the instructions for use.**

**Do not use** this device if you suffer from epilepsy.

**Do not use** if you are/were under radiation therapy or chemotherapy within the past 3 months.

**Do not use** if you have an active implant such as a pacemaker, insulin pumps, or similar devices.

**Do not use** if you have taken Tetracycline antibiotics within the last two weeks.

**Do not use** if you suffer from metabolic conditions, such as diabetes.

**Do not use** if pregnant or nursing.

**Do not use** for any purpose other than hair reduction.

**Do not open or repair** the device as it contains dangerous electrical components which may cause physical damage.

**Do not use** the device with any additional accessories that are not part of its intended use.

**Always disconnect the power cord** from the wall electrical outlet after use. Note: complete power shutdown is achieved only when the power cord is unplugged.

**Do not use** the device where it can come into contact with liquids (e.g. near bathtubs, showers, basins or other vessels containing water). This can cause electric shock.

**Do not rinse** or immerse any part of the device in liquid.

**Unplug the device immediately** if it is dropped into liquid, then wait at least 2 mins before removing from the liquid. Do not use the device again, contact the customer service centre.

**Do not use** the device if any parts show signs of damage. This may result in injury.

**Keep the device away** from the hair of your head to avoid accidental burns.

**Keep the device away** from objects other than the skin while treating (e.g. clothes, brushes, wires, cords, laces, etc) to avoid accidents.

**This appliance is only to be used with the power supply unit provided with the appliance:**

Power-Tek

Model Number: SAW30-120-2000B

Input: 100-240V~50/60Hz 1.0A

Output: 12V=2000mA

## CAUTIONS

This device 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. This device can be used by persons aged from 18 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved. Children shall not play with the device. Cleaning and user maintenance shall not be made by children without supervision. The effects of use on under 18s has not been tested and is unknown.

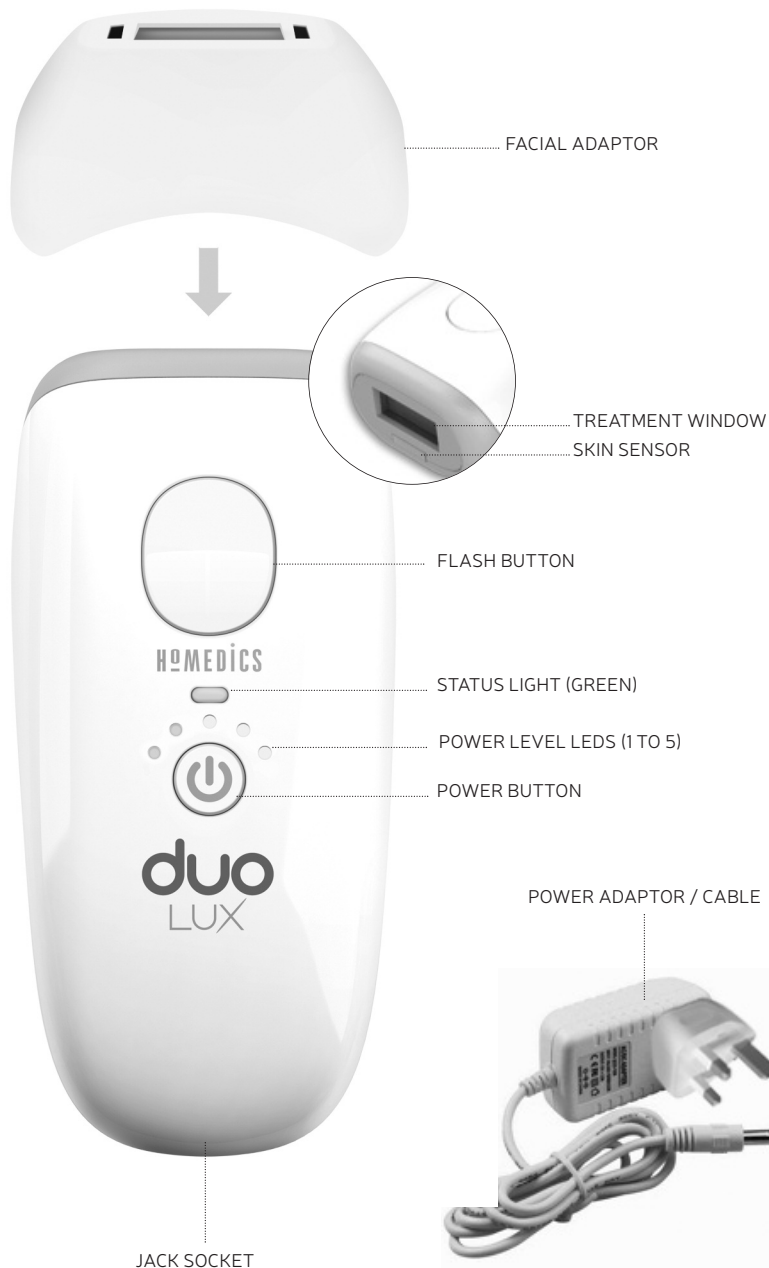
### KEEP OUT OF CHILDREN'S REACH

#### 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.

## GETTING TO KNOW YOUR DEVICE



## HOW IT WORKS

Your DUO LUX works in exactly the same way as professional IPL devices used by salons and clinics. A flash of Intense Pulsed Light (IPL) is directed at the skin and the light energy travels along the pigment in the hair, where it is converted to heat energy. It is the heat energy that disables the hair follicle preventing the hair from regrowing. Treated hairs will shed naturally within a couple of weeks of treatment and will not regrow. Each treatment will only be effective on hairs that are in their active growth phase at the time, so it is important to follow a course of treatments over a twelve week period to ensure all hairs are treated. Your treatment schedule will depend on the energy level selected for treatments. You can find further details on p7.

### WHAT TO EXPECT

**DURING TREATMENT it is normal to expect:**

**A background fan noise.**

**A flash of light and pop noise with each flash.** If the treatment window is held in full contact with the skin, the flash will not harm the eyes, but for comfort we still recommend looking away from the flash.

**A sensation of warmth or mild stinging sensation,** especially if treating more sensitive areas

### AFTER TREATMENT

**Immediately after a treatment** it is common to experience some temporary redness of the skin, but this should subside within 24 hours. (See 'SIDE EFFECTS' section for more detailed information)

**Within a couple of weeks** the treated hairs will start to shed but initially there will still be other untreated hairs growing in the area. After each subsequent treatment you will find that the regrowth becomes patchier and less hairs will regrow each time.

**Typically after 12 weeks** of regular treatments you will see significantly less regrowth and in some cases the area will be completely hair-free by this point.

**Don't forget to avoid sun exposure during the treatment schedule.** Cover up or use a high factor sunscreen until at least 2 weeks after the final treatment.

### ONGOING TREATMENTS

**Monthly top-up treatments** are usually enough to keep the area hair-free and silky smooth. Some people even find their skin stays hair free without any further treatments.

## HOW TO USE

### PREPARATION

Read and observe all of the warnings and safety cautions at the beginning of the leaflet  
Shave the area to be treated (DO NOT wax, pluck or epilate as the hair shaft needs to be present beneath the skin for IPL to work)

Ensure the skin is clean, dry and free of any cosmetic products (such as powders, creams, make-up, antiperspirants or deodorants).

Plug the power cord into socket at the base of the device then insert the plug into the electrical outlet. The blue/white power level indicator lights will flash on and turn off, the green status light will stay flashing.

### PATCH TEST

**A patch test should be carried out 48 hours before treating any new body area** to determine your skins reaction to the treatment and to select the optimal energy level to use.

**Follow the preparation instructions** above.

**Press the power button** on the device. The green status light will start to flash and one power level light will illuminate (indicating level 1 which is the lowest power setting).

**Place the treatment window on the test area in full contact with the skin.** Once in contact with your skin, the device will automatically set the power level according to your skin tone. However, for the patch test you will override this.

**Set manually to level 1 by pressing the power button repeatedly until only one LED is lit.** This is the lowest energy level.

**Deliver the first flash, on power level 1, by pressing the flash button.** You will see a bright flash, hear a popping noise and you may feel a mild stinging or/and heat sensation.

**Providing you didn't feel undue discomfort, move the treatment head along to the next patch of skin in the test area and use the power button to increase to the next power level.** Only if you feel comfortable keep moving and increasing the energy level until you have reached the maximum energy level 5.

**Stop the test if 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.

**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. Do not re-treat the patch test area for at least 1 week.

### BODY TREATMENT

**After carrying out your patch test, follow the preparation instructions above, then:**

**Press the power button on the device.** The green status light will start to flash and one power level light will illuminate (indicating level 1 which is the lowest power setting).

Place the treatment window in full contact with the skin. The green light will stop flashing and the device will automatically set the power level according to your skin tone. The lighter your skin the higher the energy level will be.

NOTE: If your patch test has indicated using a different power level, then you should manually override the setting by pressing the power button until the desired energy level is shown by the LEDs.

#### For levels 1, 2 & 3 (low energy – GLIDE mode)

**Press and hold the flash button as you slowly glide the treatment head across the skin, maintaining constant contact.** Adjust the speed you move the device so that the window is over a new area of skin each time there is a flash. Once you have treated the whole area, providing that the skin remains comfortable, you can repeat up to five times to ensure the best coverage

#### For levels 4 & 5 (high energy – STAMP mode)

**Press the flash button** and wait for the flash/pop. **Move to the next area of skin**, wait for the green status LED to stop flashing and **press again**.

**Repeat over the whole area** once only taking care not to overlap or leave gaps.

### FACIAL TREATMENT

Place the facial adaptor over the treatment window as shown, then continue as for body treatments – see above. Always carry out a patch test first as the face is a particularly sensitive area.

To avoid eye discomfort, we strongly recommend closing the eyes while the unit is flashing. Do not use above the cheek line, around eyes or eyebrows as this could cause serious eye damage.

IPL treatments are not recommended for male facial hair as it can cause an adolescent or feminine appearance to the facial features.



### SWITCH OFF & COOLING TIME

Do not use for any longer than 30mins in one session. After 30mins, switch off and allow the device to cool for 10mins before continuing.

If the device is switched on but not used for 3 mins or longer, it will automatically switch off. Press the power button again to reactivate.

After use, the device should be switched off by pressing the power button and then disconnected from the mains.

### TREATMENT SCHEDULE

#### Levels 1, 2 and 3

**Treatments can be repeated up to twice a week.**

Individual treatments are faster to carry out in GLIDE mode and are gentler on sensitive and darker skin, but more treatments will be required to achieve desired results.

#### Levels 4 and 5

**Treatments should be carried out every two weeks** until the desired results are achieved (typically 5 to 6 treatments). Top-up treatments can then be carried out as needed but treatments should always be separated by a minimum of 2 weeks.

### SIDE EFFECTS

When your DUO LUX is used in accordance with the instructions, serious or lasting side effects are extremely rare, but please refer to the table for further information.

Common Side Effects	Action
<i>Minor skin irritation or redness in the treatment area</i>	Apply an ice pack or use an aloe vera gel to soothe the skin. If skin remains red or irritated after 24-48 hours, seek medical advice before carrying out any further treatments
Rare Side Effects	Action
<i>Severe redness or swelling</i>	Apply an ice pack or use an aloe vera gel to soothe the skin. Discontinue treatment and seek medical advice before carrying out any further treatments. Carry out a new patch test before treating the same area again.
Very Rare Side Effects	Action
<i>Burns or blistering of the skin</i>	Discontinue treatment and seek immediate medical attention
<i>A temporary change in skin colour</i>	Discontinue treatment and seek medical advice

## CLEANING AND STORAGE

After every use, turn the device off and unplug, then use a clean, dry cloth to wipe clean the glass treatment window and surround surfaces. Never use chemical cleaning agents or submerge the device or its attachments in water.

Store in a clean, dry environment out of the reach of children.

## FAQ's

Please refer to our website for frequently asked questions and answers.

[www.homedics.co.uk/duo-one-faq](http://www.homedics.co.uk/duo-one-faq)

## TECHNICAL SPECIFICATION

Emitted Light	475nm to 1200nm
Emitted Energy	Up to 5 Joules/cm <sup>2</sup>
Energy Levels	5 levels
Treatment area (regular window)	3.025cm <sup>2</sup>
Treatment area (facial adapter)	1.72cm <sup>2</sup>
Max number of flashes	300,000
Power Supply	100-240VAC, 50-60Hz
Storage Temperature	35°C~60°C
Storage Humidity	0%~90%
Storage Pressure	500~1060hPa
Operating Temperature	-25°C~60°C
Operating Humidity	3%~90%
Operating Pressure	700~1060hPa

## TROUBLESHOOTING

PROBLEM	SOLUTION
<i>Nothing happens when I press the power button – no lights come on.</i>	Check the connection is secure between the power lead and the device and that the adaptor is plugged securely to the power socket and the power socket switched on.
PROBLEM	SOLUTION
<i>When the treatment head is against my skin, the green status light is on and steady (not flashing) but the device won't deliver a flash when I press the flash button.</i>	It is possible that the skin tone is too dark in the area you are trying to treat. The skin sensor will prevent the flash from firing on very dark skin for which IPL treatment would not be suitable.
PROBLEM	SOLUTION
<i>When the treatment head is against my skin, the green status light is flashing. The device won't deliver a flash when I press the flash button.</i>	Try repositioning the treatment window on the skin. On awkward areas such as the underarm, try pulling the skin taught to get better contact. When there is good contact between the treatment window and the skin, the green light will stop flashing. This indicates it is ready to deliver a flash when the flash button is pressed.
<i>When I switch the device on, all of the LEDs flash continuously and it doesn't do anything.</i>	The flash bulb has reached the end of its life (300,000 flashes).





### HAIR COLOUR



### SKIN COLOUR



# HoMEDICS duo LUX

## THREE YEAR GUARANTEE

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FKA Brands Ltd guarantees this product from defect in material and workmanship for a period of 3 years from the date of purchase, except as noted below. This FKA Brands Ltd product guarantee does not cover damage caused by misuse or abuse; accident; the attachment of any unauthorised accessory; alteration to the product; or any other conditions whatsoever that are beyond the control of FKA Brands Ltd. This guarantee is effective only if the product is purchased and operated in the UK / EU. A product that requires modification or adaptation to enable it to operate in any country other than the country for which it was designed, manufactured, approved and / or authorised, or repair of products damaged by these modifications is not covered under this guarantee. FKA Brands Ltd shall not be responsible for any type of incidental, consequential or special damages.

To obtain guarantee service on your product, return the product post-paid to your local service centre along with your dated sales receipt (as proof of purchase). Upon receipt, FKA Brands Ltd will repair or replace, as appropriate, your product and return it to you, post-paid. Guarantee is solely through HoMedics Service Centre. Service of this product by anyone other than the HoMedics Service Centre voids the guarantee. This guarantee does not affect your statutory rights.

For your local HoMedics Service Centre, go to  
**[www.homedics.co.uk/servicecentres](http://www.homedics.co.uk/servicecentres)**



**FKA Brands Ltd**

Somerhill Business Park, Tonbridge, Kent TN11 0GP, UK

Customer Support: +44(0) 1732 378557 | [support@homedics.co.uk](mailto:support@homedics.co.uk)

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