

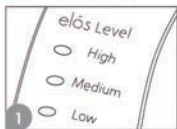
how to use mē

If this is your first time using the device, be sure to conduct the Skin Sensitivity Test described on page 2.

preparation

- To prepare for your mē treatment, first shave the area that you want to treat. Wipe clean and dry the area. This will ensure that the elōs energy is focused on the hair follicles beneath the surface for optimal efficacy.
- If you have fair hair it is recommended that you wax or epilate immediately before treating with the mē in order to get the best results.
- If you are treating the face, you can shave, wax or epilate before treatment.

activate mē

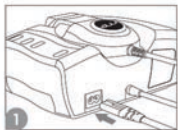


- Press the power button to turn on your mē system.
- Select your elōs energy level (1). Always start on Low and if you are comfortable move to Medium or High for even greater efficacy. The device will not activate if you do not select an elōs level.

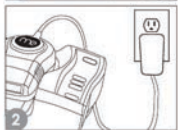


- Remove the applicator from the base.
- Press the elōs activation button located on the back of the applicator. The button will turn blue and you will hear the fan start inside the applicator (2).

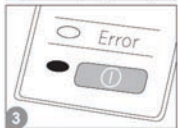
setting mē up



1. Connect the power cord into the back of the base unit.



2. Connect the power cord to an electrical outlet. Make sure that the applicator is placed inside its cradle.



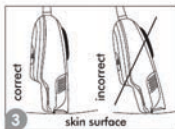
3. Press the power button to turn the system on. Wait until the indicator next to the power button turns green. Now the system is ready for use.

skin sensitivity test

If you are using the system for the first time or on a new body area, choose a small area close to the area you intend to treat, for the purpose of performing a skin sensitivity test.

- 1.** Use the LOW elōs level.
- 2.** Follow the pretreatment and treatment instructions below to treat the small area you've chosen.
- 3.** After the skin test, wait 30 minutes and check your skin for any reaction.
- 4.** If the treated spot appears to be red please wait 24 hours and repeat the test.

treating your body



- Gently place the applicator on your skin, so that the two silver RF contact bars are in complete contact with the skin. The applicator will emit pulses of bright white light - this is the elōs energy at work. The applicator will not work unless both silver RF contact bars are touching your skin (3).



- Glide the applicator over your skin in one continuous motion, moving after each flash (4).

- Repeat until you have covered the entire area 2 to 3 times. Approximate treatment times are outlined below. Individual times may vary. You can treat all body areas during the same treatment session.



1 minute
per underarm



2 minutes
per bikini area



3 minutes
per arm



10 minutes
per full leg



2 minutes
per shoulder



5 minutes
per abdomen



6 minutes
per chest



12 minutes
per back

- Do not hold the applicator window still over one spot and flash multiple light pulses on the skin. Doing so may generate too much heat which can injure the skin.
- The applicator will turn itself off if it is not in use for 30 seconds. To turn the applicator back on, press the elōs activation button located on the applicator. The device will go into stand-by mode after 3 minutes with no use, press the power button to turn the device back on.

treating your face



2 minutes

- Gently place the applicator on your skin, so that the two silver RF contact bars are in complete contact with the skin. The applicator will emit pulses of bright white light - this is the elōs energy at work. The applicator will not work unless both silver RF contact bars are touching the skin.
- Allow one pulse of elōs energy on your first target area. Remove the applicator after a single pulse and move to the next target area. Repeat this action until you have covered your entire facial treatment area.
- If you find the light from the elōs pulse bright, you can wear sunglasses or goggles for your comfort.
- Do not hold the applicator window still over one spot and flash multiple light pulses on the skin. Doing so may generate too much heat which can injure the skin.
- The applicator will turn itself off if it is not in use for 30 seconds. To turn the applicator back on, press the elōs activation button located on the applicator. The device will go into stand-by mode after 3 minutes with no use, press the power button to turn the device back on.

what to expect

during treatment

You may feel a warming sensation during treatment. You should always start at the Low elos level and, if you are comfortable, increase to Medium or High for even greater efficacy. If your skin should appear slightly red after treatment, this should disappear within 24 hours.

full protocol

For best results, treat the target area once a week for 7 weeks. Use your temporary hair removal solution in between treatments as you normally would. After your initial protocol, use your mē for touch ups of new hair growth as needed.



Tips: When using the system on difficult to treat areas (e.g. underarm) apply the applicator in 2 directions: left/right and up/down for full coverage.

important safety information

The Quick Reference Guide is only supplemental and not intended to replace your Instructions-for-Use booklet. For important information about safety and how to use the device, read the full Instructions-for-Use booklet. Results may vary.

customer service contact

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