

quick reference guide

body areas

mē is intended for use by women and men on body hair below the neck.

get your professionally smooth skin

For best results, use mē on the same area once a week for 7 weeks. Performing additional monthly treatments, after completing the first 7 treatments, will help you maintain your smooth, silky, hair-free results.



treatment durations

For effective results, mē should be used according to the following guidelines:



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



2 minutes