

Important safety information

Please read all warnings and safety information in user manual before using mē.
Note: If you have an active tan do not use mē.

Preparation

1. Clean your skin and wipe the area with a non-alcoholic wipe.
2. Shave hair in treated area or, if you use the shaver or epilator - trim hair that is longer than 10 mm (you may use the shaver cartridge sold separately).

Treatment


1. Press the power button **1** to turn the mē system on.
2. Select the elōs level by pressing the button near the appropriate level based on the table overleaf
3. Press the elōs activation button.
4. Press the epilator/shaver activation button to select desired speed (epilator and shaver are sold separately). Visit www.homedics.co.uk.
5. Ensure you are touching the two grip sensors.
6. Hold the applicator in a position ensuring full contact of the RF delivery bars with the skin. Do not press, just gently touch the skin. System will start emitting elōs pulses.
7. Use the system slowly and continuously gliding on the treatment area without stopping in one place. Try not to repeat treatment on the same spot for at least 10 seconds.


Notes


- If you feel discomfort, treat at a lower level. If tolerable, increase the elōs setting for higher efficacy.
- Do not use on sun burned or tanned skin, as tanning may influence the safety of the treatment. Wait until the sunburn or tan fades prior to performing a test patch on an inconspicuous area. Reexamine the area after 3 days to ensure no side effects have occurred.
- Do not tan 24 hours after mē treatment.
- During treatment, DO NOT hold the applicator tip still in one spot!

Treatable skin types

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 **Skin Type 1 - Pale white skin**
always burns, does not tan
elös Level: **High**

 **Skin Type 2 - Fair skin**
burns easily, rarely tans
elös Level: **High**

 **Skin Type 3 - Darker white skin**
tans after initial sunburn
elös Level: **High**

 **Skin Type 4 - Light brown skin**
burns minimally
elös Level: **Medium - High**

 **Skin Type 5 - Brown skin**
rarely burns, tans dark and easily
elös Level: **Low - Medium**

 **Skin Type 6 - Dark brown or black skin**
never burns, dark tan
elös Level: **Low**

When to use mē

To treat hair successfully, perform one treatment every week for 7 weeks, with top up treatments thereafter.

Treatment durations

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



1 min



2 min



3 min



10 min



2 min

When you have finished the treatment

1. Place the applicator in its cradle in the base unit.
2. Turn off the mē device by pressing the power button on the base unit. The cooling vents will continue to work for 4 additional seconds after the elös is turned off.
3. Gently rinse your skin with lukewarm water and pat dry.
4. Gently apply moisturizing cream or gel aloe vera to your skin (if epilator was used, it is recommended to apply just aloe vera).