

Dear Customer,

Congratulations on your purchase. Laser hair treatment gives a long term solution to permanent hair reduction. Treating individual hairs to kill the hair root permanently has a high success rate giving lasting results. By treating yourself at home you will be saving yourself a series of expensive trips to the salon which would otherwise cost a small fortune. Laser treatment by its very nature is relatively slow compared to temporary methods of hair removal, but the time invested is more than justified by the permanent results. Understanding the process and in particular the hair growth cycle is important. This booklet will help you to achieve the hair reduction you are looking for so please read it carefully.

If you have any questions or suggestions please call our customer care representatives on 01242 702345. They will be delighted to help you get the best results from your Laser Hair Remover.

SALON LASER
HAIR REMOVAL SYSTEM

WARNINGS

Not suitable for Afro-Caribbean or black skin complexions.

Laser hair removal should not cause discomfort. If you feel any discomfort or soreness the setting may be too high or your skin tone (colour) is not suitable for use with this product.

Do NOT treat the following areas: Tattoos, permanent make-up, pimples, warts, hair grown on black spots, skin disease, birth marks, burns, lips, nipples, genital or anal areas, eczema, eyelashes, eyebrows, near the eyes, nasal or ear hair.

Do NOT treat the same hair repeatedly in any one session.

Inbuilt safety features protect the eye being exposed to the laser, however, never aim the Wand at or near eyes.

Do NOT use after drinking alcohol or if you are feeling unwell or fatigued.

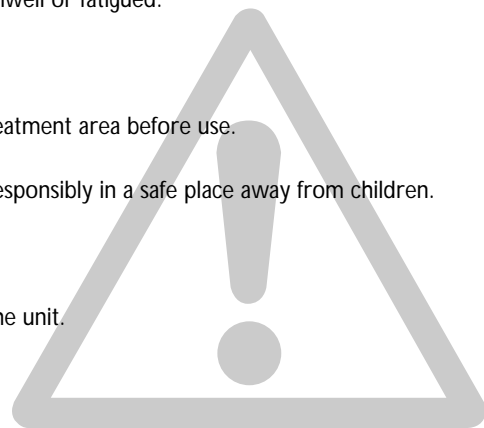
Do NOT use near flammable materials.

Reflection Hazard: Please remove all jewellery in vicinity of the treatment area before use.

Keep the product out of reach of children and pets. When not in use, store the key responsibly in a safe place away from children.

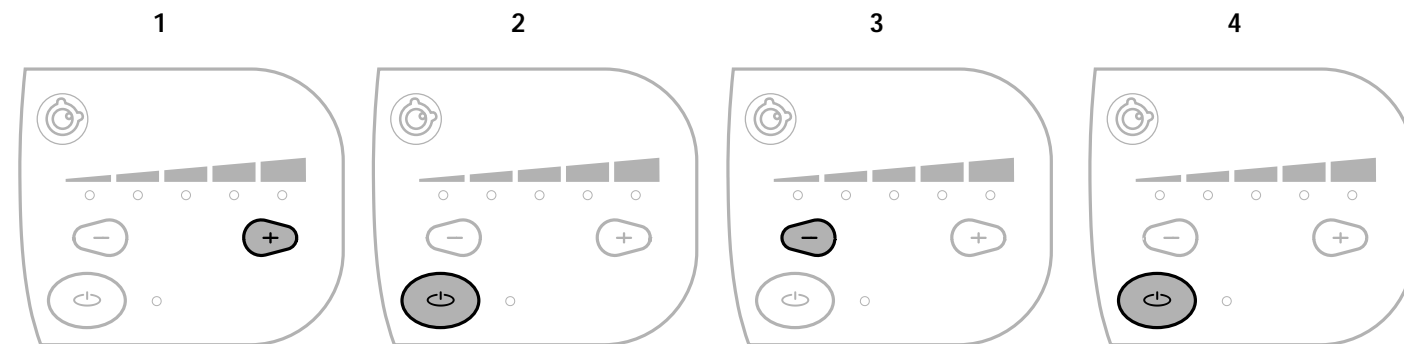
Misuse of the unit can cause harm.

Do NOT override any safety features or open the unit.



SECURITY BUTTON SEQUENCE

Enter the security button sequence by pressing the buttons in the following order:



If the code is entered correctly the unit will emit 2 beeps and the red Enable Light will flash.



Note: There is a 60 second time limit for entering the code. The unit will power off if the code is incorrectly entered or if you have exceeded the 60 second limit (the left hand power light will stop flashing and the unit will emit two low beeps). Turn the key off, wait a few seconds and then turn the key back on and re-enter the button code.

LASER POWER LEVELS

How do lasers work?

Lasers deliver an intense beam of light which are made up of a single wavelength or colour. Skin is essentially transparent to light in the wavelength range of 600-1100nm (nano meters), while melanin containing structures will absorb laser energy of this wavelength. It is therefore possible to target the hair follicle which has a concentration of melanin without affecting the surrounding area.

The light energy absorbed by the melanin pigment results in the rapid heating up of the hair follicle. This heat destroys the cells (papilla) responsible for hair growth. If adequate heating is achieved, then the follicle is permanently disabled resulting in a permanent reduction in hair growth.

Suitable skin types

Melanin in the epidermis also absorbs the energy and limits the depth of penetration of the laser light into the skin. Using a light wavelength of 808nm enables treatment of relatively dark skin as well as fair-skin types. However, laser hair treatment is not suitable for Afro-Caribbean or black skin complexions. Laser treatment is also ineffective in removal of white or grey hair. Electrolysis should be considered as an alternative treatment.

As a guide, skin colours are classified by the Fitzpatrick skin phototypes as described in the table (opposite).

PATCH TEST

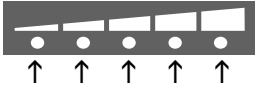
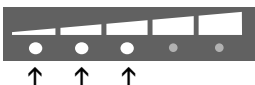

24 hours before treatment check for any reaction by testing a few hairs in the area to be treated.

The + and - buttons increase or reduce power levels. Treat 2-3 hairs on each Power Level up to the maximum Power Level for your skin type (see table below). If you feel any discomfort the previous lower power level is the maximum power level you should use.

On the lower power levels, the laser will pulse on and off for 4 seconds. On the highest level the laser will run continuously for 4 seconds.

After 24 hours if any of the test areas appear red or inflamed for any particular Power Level, select a lower level for treatment..

PLEASE NOTE: Skin colour varies on different areas of the body, you may find that you need different power level settings for different areas. Each area should be tested for the appropriate maximum power level.

Skin Type	Skin Colour	Tanning History	Maximum Power Level
I	Very fair, "transparent"	Always burns, never tans	All laser power levels should be suitable. 
II	Fair	Always burns, tans with difficulty	
III	Fair to light olive	Burns mildly, tans slowly	
IV	Olive to brown	Rarely burns, tans with ease	Up to level 3 
V	Dark brown	Very rarely burns, tans very easily	NOT suitable for Laser Hair Removal 
VI	Black	Never burns, tans very easily	

THE HAIR GROWTH CYCLE

It is important to understand the normal hair growth cycle to understand how the Salon Laser Hair Removal System works. The hair follicle is an anatomical structure which evolved to produce and push out a hair shaft. Hair is made up of proteins called keratins. Human hair grows in a continuous cyclic pattern of growth and rest known as the "hair growth cycle."

The Cycle

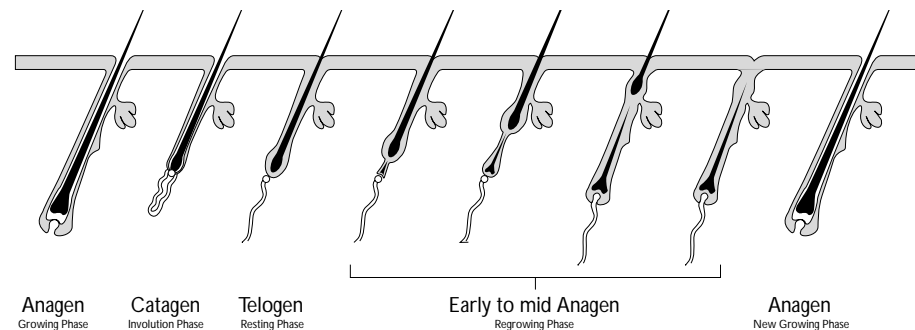
Three phases of the cycle exist:

Anagen = active growth phase

Catagen = degradation phase

Telogen = resting phase

Periods of growth (anagen) between two and seven years, are followed by a period in which the follicle is totally degraded. The resting phase (telogen) then begins and lasts between six weeks and six months. Shedding of the hair occurs only after the next growth cycle (anagen) begins, and a new hair shaft begins to emerge. On average 50–100 telogen hairs are shed every day. This is normal hair loss and accounts for the hair loss seen every day in the shower and with hair combing. These hairs will regrow. The percentage of follicles in the resting phase (telogen) will vary at any time depending on the body area. It is also important to note that a variety of factors can affect the hair growth cycle and cause temporary or permanent hair loss (alopecia) including medication, radiation, chemotherapy, exposure to chemicals, hormonal and nutritional factors, thyroid disease, generalised or local skin disease, and stress.



WHY IS A SERIES OF TREATMENTS REQUIRED?

Everyone's hair grows differently, depending on age, weight, metabolism, hormones, ethnicity, medications, and other factors. But all hair goes through three distinct growth phases:

Active growth phase (called the anagen phase), which lasts between 2 and 7 years. During this phase the dermal papilla actively produces cells which form the hairshaft. In certain areas of the body, such as the scalp, the majority (83%) of the hairs are in this phase. During the Anagen phase the hair has an abundance of melanin.

Degradation phase (catagen phase), which lasts between 10 and 20 days, during which the hair stops growing but is not yet shed. About 3–4% of our body hair is in this phase at any given time. The hair follicle shrinks at this time as the hair is prepared for eviction.

Resting phase (telogen phase), which can last for several months, during which the hair falls out and a new hair begins to form. The hair follicle is not treatable during this time.

Laser treatment is only effective when the hair is in the active growth phase. Hairs or hair follicles in the Degradation or Resting phase need to progress to the active phase before treatment will be beneficial. Therefore multiple treatments are required for long term permanent hair reduction.

Also in a single treatment not all of the hair follicles in the active phase will be destroyed. Some follicles are destroyed, others may be miniaturised into vellus hairs (light fine hairs), and some enter prolonged dormancy. The initial treatment should be repeated to take care of active hair follicles that were not effectively treated in the first session as new hair growth is observed, this will typically be some 2–4 weeks later depending on where the treatment area is.

Further treatments should be planned at regular intervals to clear hairs that are coming out of the resting phase and into the active growth phase. Given the number of hair follicles in the resting phase at any given time this new hair re-growth can be significant.

Any follicles without a target hair within will simply grow again and will need to be treated next time around.

Body Site	Follicle Density per square cm	Resting Phase	Time in Resting Place	Active Growth
Head	350	15%	3 months	83%
Arms	80	18%	5 months	79%
Legs	60	18%	6 months	79%
Beard	500	68%	10 weeks	30%
Upper Lip	350	64%	6 weeks	34%
Armpit	65	28%	3 months	69%
Chest/Back	70	28%	3 months	69%
Pubic	70	25%	3 months	71%

YOUR QUESTIONS ANSWERED

How should I prepare my skin for Laser Hair Removal?

Laser Hair Removal does not require any special skin preparations, although you should always ensure your skin is clean. Laser Hair removal is most effective on pale skin so we recommend avoiding sunbathing, sun beds and fake tanning if possible.

How should I prepare the hairs for Laser Hair Removal?

The best results are on hairs which are only 1-3 mm long, we recommend trimming the hairs before treatment. Alternatively you can shave before treatment as long as during treatment the hair is visible enough for the laser to be aimed at the root.

How will my skin appear after the treatment? Will I experience any side effects?

Generally no perceptible changes will be apparent. Rarely mild redness, slight reddening and some swelling may occur. This will fade over 24 hours. Hairs will generally be shed over the days following treatment.

After Laser Hair Removal is there anything to avoid?

Sun exposure or deep tanning should be avoided for at least a week. If the skin is exposed use a sunscreen. Also avoid using abrasive cleansers or skin peeling treatments. Avoid swimming in chlorinated water or using a hot tub for 48 hours. The chlorine in the water can result in itchiness.

Is there any aftercare routine I should follow?

A slight redness after treatment may occur – this is quite normal and will disappear within 24 hours. If you wish you can apply an unperfumed soothing lotion, an ice pack or wet towel to cool the treated area.

Take care to keep the treated area particularly clean for 3 days. Ideally use an anti-bacterial soap twice daily.

When treating the underarms avoid using antiperspirant deodorant for 2–3 days. Use an anti-bacterial soap twice daily.

How often can I repeat Laser Hair Removal treatment?

As long as the hair follicle or surrounding skin is not red, sore or inflamed treatment can be repeated after 24 hours. Most people wait 3-4 weeks between treatments to see which hairs have been shed and to identify new regrowth. The timing for follow on treatments is not critical. Choose a time which is convenient for you.

Avoid excessive treatment on the same region at one time. This may cause reddening and swelling. We suggest treating each hair only once in each session.

YOUR QUESTIONS ANSWERED

How many treatments will I need?

Laser hair reduction is generally considered to be effective and permanent after 6 treatments. This varies from person to person and depends on the area you are treating, hair density, your hair's growth cycle and colour. Dark hair on fair skin responds to laser therapy best, but both dark and fair hair may take several treatments for long-term results. Some individuals may require more, and some fewer treatments, to achieve satisfaction. Initially with each treatment you will notice a gradual thinning/reduction of hair growth in the treated area.

Women who suffer excessive hair growth due to male type hormones are likely to require long term maintenance.

What areas can I treat?

Most body hair can be removed using Laser Hair Removal the most common areas are the face, underarms, legs, chest, back and bikini line. We do NOT recommend using the Laser Hair Remover on eyebrows.

Can I use Laser Hair Removal on sensitive skin?

Yes, the laser reacts with the hair, so the surrounding skin will not be affected.

What does it feel like?

Most people don't feel anything, although a mild 'pin prick' sensation, lasting less than a second, may be felt.

Can I use other hair removal methods between treatments?

Because the Laser Hair Remover needs a hair to be present in the follicle hair removal methods which pluck the hair, such as waxing, epilators and tweezing are NOT suitable for use between treatments.

Bleaching hairs is also NOT suitable as it removes the pigment and renders the laser ineffective.

Shaving, micro-dermabrasion discs and cream depilatories are ideal for use between treatments.

Which part of the hair should I aim at?

It is essential to aim at the root of the hair, this is much easier if the hairs are only 1-2 mm long. Most hairs grow at an angle, so the root is not necessarily in line with the base of the hair above the skin, this is quite difficult to see if the hairs are too long.

Initially you may find there is a knack to targeting the hair root/follicle and you may wish to ask a friend to help with the treatment of hard to reach areas such as underarm hair.

TROUBLESHOOTING

I have lost my keys.

Make a note of the serial number of your product from the base of the unit and call our Customer Care on (0) +44 1242 702 345 who will be happy to send you a replacement key.

The lights on the unit are working but no laser is emitted on pressing the button.

- Ensure the Touch Pins are making contact with the skin.
- Your skin may be too dry for the Wand to make successful contact. Dampen the area to be treated with water or a water-based moisturiser and try again.

No lights are working on the unit.

- Ensure the Adapter plug is turned on at the wall and the power lead is fully inserted in the back of the unit.
- If controls on either Main Unit or Wand are left untouched for 20 minutes, the System will shut down. To restart, turn the Key anticlockwise to the off position then restart the unit.

UNIT MAINTENANCE

- After use always unplug the Adapter and store out of reach of children.
- Only use this product with the Mains Adapter supplied.
- To protect the laser, do not store at temperatures exceeding 40°C.
- While unplugged, regularly clean the Laser Shroud and Touch Pins with a cotton bud, to ensure optimum laser output.
- Do not immerse the unit or wand in water.
- Always store the Wand on the Main Unit and do not use it for any other purpose than intended.
- After use, wipe the Wand clean with a slightly damp cloth. The Main Unit can also be wiped over.
- If you experience unexpected behaviour of this product then it is possible some external electromagnetic interference is responsible. You should remove this source and restart the product to restore full operation. At no time will the laser fire unintentionally.
- Do NOT disassemble or repair. If you have any problems using the product, contact our Customer Care Department.

SAFETY FEATURES

Due to the divergent laser beam, there is not any threat to life or physical condition by directing the laser beam accidentally at persons if the lens has not been tampered with. The laser mechanism must only be adjusted by the Dezac Group or its nominated service agents

The Laser Hair Unit includes 6 safety features:

1. Safety key
2. Safety code: The unit can only be activated after entering the 4-digit safety code.
3. If the unit is not used for 20 minutes it will switch itself off and will need to be restarted with the key and security code.
4. The operating time does not exceed 4 seconds.
5. Skin contact detector
6. The unit uses optics to accurately focus the laser precisely targeting the hair root, thus minimising any hazard to the surrounding skin.

CUSTOMER CARE

If you experience any difficulties, or if you would like any further information, please call Customer Care on **(0) +44 1242 702345** or email us at: **online@riobeauty.com**

For further information, visit: **www.riolaserhair.com**

GUARANTEE

To register your two year guarantee online, visit: **www.riobeauty.com/warranty_online.htm**

DISPOSAL

Please ensure that at the END OF THE LIFE of this product the following electronic items are disposed of in the correct manner in accordance with local authority requirements, or, returned to The Dezac Group Ltd., Cheltenham, PO Box 54, GL14 2WW, UK.



- CONTROL UNIT
- MAINS ADAPTER

They must NOT be disposed of with household waste.

SALON LASER

HAIR REMOVAL SYSTEM



808nm wavelength

Wearing laser safety goggles is unnecessary as the product has been designed with inbuilt safety features.



PATENTS PENDING



CLASS 1 PRODUCT CONTAINING CLASS 3B LASER

1-IN-LAHR2-UK/1/2

This product MUST be used responsibly.
Please read these Instructions carefully before use.

Refer to your Information Guide for:

- SECURITY BUTTON CODE
- INFORMATION ON HAIR, LASERS, SKIN TYPES AND TREATMENTS

INSTRUCTIONS

Please retain this instruction leaflet for future reference

warnings

Not suitable for Afro-Caribbean or black skin complexions. See "Suitable Skin Types" in User Manual.

Laser hair removal should not cause discomfort. If you feel any discomfort or soreness the setting may be too high or your skin tone (colour) is not suitable for use with this product. If irritation persists, consult a doctor.

Inbuilt safety features protect the eye being exposed to the laser, however, never aim the Wand at or near eyes.

Do NOT use near flammable materials.

Keep the product out of reach of children and pets.

Reflection Hazard: Please remove all jewellery in the vicinity of the treatment area before use.

When not in use, store the key responsibly in a safe place away from children.

Do not treat the same hair repeatedly in any one session.

Do not use after drinking alcohol or if you are feeling unwell or fatigued.

Do not treat the following areas: tattoos, permanent make-up, pimples, warts, hair on black spots or moles, dark freckles, skin disease, birth marks, burns, lips, nipples, genital or anal areas, eczema, eyelashes, eyebrows, near the eyes, nasal or ear hair.

cautions

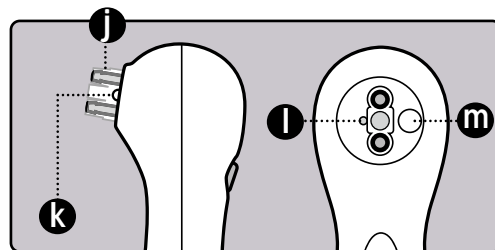
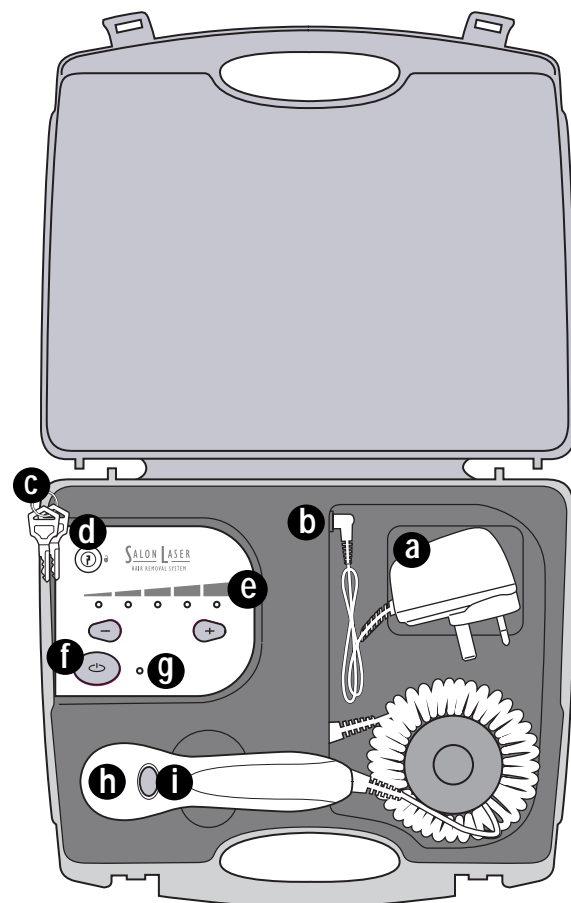
Do NOT dismantle or repair. If you have any problems using the product, contact our Customer Care Department.

Misuse of the unit can cause harm.

Do NOT override any safety features or open the unit or wand.

Only use this product with the Mains Adapter supplied.

components



- | | |
|---------------------------------|--------------------------------|
| a. Mains Adapter | h. Hand-held Wand |
| b. Power Socket | i. Laser Button |
| c. Keys | j. Laser Shroud and Touch Pins |
| d. Keyswitch | k. Laser Aperture |
| e. Power Level (5 green lights) | l. White 'ready' Light |
| f. Enable Button | m. Amber Light |
| g. Enable Light (red) | |

patch test

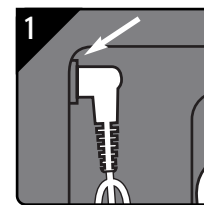
IMPORTANT: 24 hours before treatment it is very important to do a patch test.

The patch test will confirm the maximum power level for your skin type. Each area to be treated must be checked as skin colour can vary.

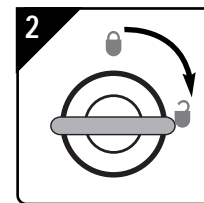
Please refer to the 'PATCH TEST' section in the user manual for instructions.

treatment

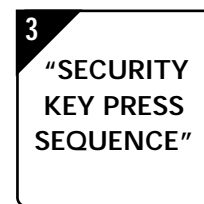
- Best results are achieved on hairs that have been shaved a day or two before treatment or trimmed to 1mm-2mm in length.
- Remove all jewellery in the vicinity of the treatment area.
- Please ensure you have patch tested the area to be treated 24 hours prior to treatment.



Plug Mains Adapter into socket on the Unit and into the Mains.

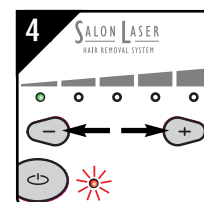


Use the Key to unlock the Keyswitch. The left Power Level light will flash green.



Enter "SECURITY KEY PRESS SEQUENCE" within 60 seconds.

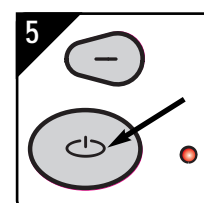
You will find the Security Key Press Sequence in the User Manual. Please ensure you read the User Manual before proceeding.



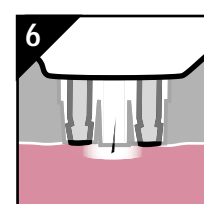
Use + and - buttons to set power level. Refer to User Manual for skin types.

⚠ If you feel any discomfort reduce the power level.

If the power level is adjusted the red Enable light will flash.

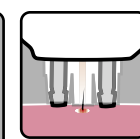
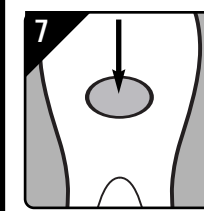


Press the Enable Button. The red Enable light will stay on and the amber light on the Wand will illuminate.



When placed on the skin the amber light will go OFF and the white 'ready' light will illuminate.

treatment



Press and HOLD the Laser Button to start the red laser treatment. You will hear a series of high pitch beeps to indicate the laser is operating. The laser appears as a small red light.

This must be aimed at the hair ROOT.



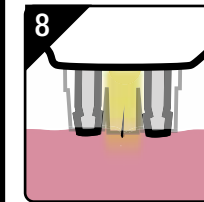
On the lower power levels, the laser will pulse on and off for 4 seconds.



You may feel a 'pin prick' sensation during treatment, however, most people do not feel anything.



Sometimes you can smell faint burning or even see a very small line of smoke as the hair is treated.



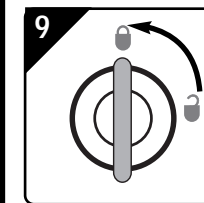
When the red laser light treatment ceases the amber light will come back on. You can now move onto the next hair.



The Touch Pins must be removed briefly from the skin between treating each hair.



Successfully treated hairs will fall out within 7-10 days (light rubbing will encourage this).



After use, turn the Keyswitch to lock the unit. Remove the Key to a safe place away from children.



If no buttons are pressed after 20 minutes the Unit will power off completely. To restart turn key off and back on again and start at Step 3.

If you experience unexpected behaviour of this product then it is possible some external electromagnetic interference is responsible. You should remove this source and restart the product to restore full operation. At no time will the laser fire unintentionally.