

mē^{my eīōs}

professional hair removal
in the palm of your hand



user guide

Table of contents

| | |
|---|----|
| About the mè, my elòs hair removal system _____ | 4 |
| Package contents _____ | 4 |
| Important safety information _____ | 5 |
| System description _____ | 8 |
| How to prepare the mè, my elòs system for operation _____ | 10 |
| System preparation _____ | 12 |
| How to replace your elòs cartridge _____ | 14 |
| Recommended elòs levels _____ | 15 |
| How to operate the mè, my elòs system _____ | 16 |
| mè, my elòs treatment procedure _____ | 20 |
| When to use mè, my elòs _____ | 21 |
| Troubleshooting _____ | 23 |
| Specifications _____ | 24 |
| Labels and symbols _____ | 25 |
| Detachable Quick Reference Guide | |



About the mē, my elōs hair removal system

Your new mē, my elōs system is intended for immediate and long-term hair removal.

The mē, my elōs system is easy to use without assistance, and in the convenience of your own home.

The system is intended for both women and men with Fitzpatrick skin tones I-V (see page 15 to evaluate whether your skin type can be treated). The system is designed for the removal of hair from all body parts below the neck.

The mē, my elōs system is powered by elos™ (Electro-Optical Synergy), Syneron's clinically proven, gold standard technology that uses low-energy pulsed light together with gentle radio frequency (RF).

Note: Hair reduction results may be subject to variation.

Please read this entire user guide and watch the instructional DVD (included) before using the system for the first time. It is recommended to keep the guide in a safe place for future referrals and to re-familiarize yourself with this user guide prior to each use of mē, my elōs.

Package contents

Upon opening the mē, my elōs package you will find the following components:

- Base unit and applicator, including: elos cartridge and epilator/shaver protective cap (already attached)
- Accessories kit, including:
 - elos protective cap
 - Electrical power cord
 - User guide (including a quick reference guide)
 - User guide DVD
 - Warranty card

Note: Epilator and shaver are sold separately.

Important safety information

Please read all warnings and safety information before using the me, my elos system. Always follow basic safety precautions when using any electrical product.

The system is designed for domestic use only.

Warnings

- The system is designed for the removal of human body hair. Any other use is expressly prohibited; **DO NOT** use the system for removal of hair on your face or head.
 - **DO NOT** use the me, my elos system over tattoos or permanent makeup.
 - During treatment, **DO NOT** hold the applicator tip still in one spot! This might cause extensive heat build-up and possible skin damage.
 - **NEVER** immerse the system or the applicator tip in water or any other liquid. **DO NOT** rinse any components of the system with any kind of liquid.
 - **DO NOT** use the system where it can fall or be pulled into water. If device is dropped in water, unplug it immediately. **DO NOT** remove the device from water until unplugged. **DO NOT** use the device again. Contact customer service center.
- If dropped or damaged, **DO NOT** use the system.
 - Always disconnect the power cord from the wall electrical outlet after use.
 - **DO NOT** use the system if any of its components show signs of damage.
 - **DO NOT** open the system's enclosure under any circumstances.
 - **DO NOT** operate the device with a cracked or broken glass window on the elos cartridge.
 - To avoid accidents, keep the system away from the hair on your head, face, and also from clothes, brushes, wires, cords, laces, etc.
 - **DO NOT** use the system on children or allow children to use this device. Keep the system out of the reach of children. Adult supervision is recommended for teenagers under the age of 18.
 - **DO NOT** use the system if you have limited physical, sensory or mental capabilities. This does not apply to the latter if they were instructed in the use of the system or if they use it under the supervision of a person responsible for safety.

Complete power shutdown will be achieved only when the power cord is unplugged.

When NOT to use the me, my elos system

You should NOT use the me, my elos system if any of the following items apply to you:

- If your skin type is darker than skin type 5 (see page 15).
- If within the last three days you have had a long skin exposure to the sun, or if you have excessively tanned skin from sun, tanning beds or tanning creams within the last two weeks, as tanning may influence the safety of the treatment.
- If you have a pacemaker or internal defibrillator.
- If you have superficial metal or other implants in the desired treatment area.
- If you have a history of any type of cancer, or pre-malignant moles.
- If you suffer from severe conditions, such as cardiac disorders.
- If you have varicose veins in the treatment area.
- If you have moles, large freckles, darker pigmented areas, scars or birthmarks do not treat over them.
- If you are pregnant or nursing.
- If you have an impaired immune system due to immunosuppressive diseases such as AIDS and HIV, or use of immunosuppressive medications.
- If you have endocrine disorders, such as Diabetes or Polycystic Ovary Syndrome.
- If you have any active condition in the treatment area, such as sores, psoriasis, eczema, burns, herpes simplex, wounds or a rash.
- If you have a history of skin disorders, abnormal wound healing, as well as very dry and fragile skin.
- If you have a history of bleeding coagulopathies, or use of anticoagulants.
- If you are using medications, herbs, food supplements, and vitamins known to induce photosensitivity to light exposure at the wavelength used, such as Isotretinoin (Accutane) and/or topical retinoids within the last six months, Tetracyclines, or St. John's Wort within the last two weeks.
- If you are using medications that may stimulate hair growth, such as Minoxidil.
- If you have had any surgical procedure in the treatment area within the last three months or before complete healing.
- If you have Epilepsy.
- If you have applied any type of anesthetics.
- If you are on gold therapy

Note: If you are taking any medication, please consult with your doctor before using me, my elos.



Possible side effects

Removing hair can cause redness or irritation of the skin. This is a normal reaction and only lasts a short time.

Note: If sensitivity of area persists longer than 24 hours, consult your doctor.

Improper use of the mē, my elōs system could result in possible side effects. Although these effects are rare and expected to clear within a short time, it is important to understand that every cosmetic treatment may involve some degree of risk, and that you understand and accept the risks and possible complications that can occur with pulsed light combined with RF hair removal systems. Side effects may include redness or swelling, burns/blisters, color change or scars. This may appear either at the time of treatment or shortly after.

Note: If you encounter any side effects, consult your doctor.

1. This device is not intended for use by individuals (including children) whose physical, sensory or mental capacities are reduced or who have no experience with the device or do not know how to use it, unless they are supervised or have received prior instructions from a person in charge of their safety.
2. Children should be supervised to ensure they do not play with the device.
3. The devices should not be turned on via an outside timer or a separate remote control system.
4. **WARNING:** Do not use this apparatus near bathtubs, showers, sinks and other receptacles containing water.

System description

Your mē, my elos system is designed to be easy to use and is easy to maintain. The system is comprised of the following components:



- | | |
|------------------|-----------------------|
| 1. Base unit | 4. elos cartridge |
| 2. Control panel | 5. Epilator cartridge |
| 3. Applicator | 6. Shaver cartridge |

Epilator and Shaver
are sold separately

The treatment is done using the elos cartridge and if you like, you simultaneously use the epilator or shaver cartridges (Sold separately):



1. elos cartridge

- Intense pulsed light (IPL) output window.
- Radiofrequency (RF) delivery bars.

2. Epilator cartridge

- Rotating epilating mechanism.

3. Shaver cartridge

- Foil covered shaver combined with a trimmer.

How to prepare the mē, my elos system for operation

The mē, my elos system is easy to use and easy to care for.

Your new mē, my elos system arrives from the factory with the elos cartridge and epilator protective cap already connected to the applicator.

1. If you want to use the epilator or shaver - you should remove the protective cap, press the two blue buttons to slide



one cartridge out and insert the other one in its place. Slide the new cartridge into the applicator until you feel it "click" into place.

Be Careful! The elos cartridge is not interchangeable with the epilator or shaver cartridges.

Before use, make sure that the RF delivery bars and the light output window on the elos cartridge are clean (these may be cleaned using a soft tissue or non-alcoholic wet wipes).

Note: The system can be operated just with the e10s cartridge (shaver/epilator protective cap must be attached to applicator's opposite side).

Note: The system can be operated just with the shaver or epilator cartridge (protective cap must be attached to applicator's opposite side).



System preparation

The following illustration exhibits the base unit's control panel, and the pages will show how to prepare the system for use.





1. Connect the power cable into the system and then into the wall electrical outlet. An orange indicator will appear next to the power button.

2. Before turning on the system, the applicator must be placed in the cradle. Press the power button to turn the system on; the elōs system indicators will flash for several seconds, then the indicator next to the power button will turn green.
Now the system is ready for use.



3. Select the elōs level you want to use by pressing the appropriate elōs Level button: High, Medium or Low; the active level will illuminate a white indicator light. (Refer to the chart on page 15 of the user guide to set the right elōs level for your skin type.)



4. Observe the elōs cartridge indicator: the elōs cartridge is pre-loaded with a set number of pulses for your use; the counter starts at 100% and decreases as you use it. The amount of pulses remaining in the elōs cartridge is indicated by the lights on the panel, as shown in the illustration in the next page. Once the elōs cartridge reaches 5% of its capacity, a red light will start blinking, and at 0%, the red light will remain on, indicating that the elōs cartridge must be replaced, and you should stop using the current elōs cartridge.

Note: it is safe to use the system until a constant red light appears near the 0%.

How to replace your elōs cartridge

1. Make sure that the me, my elos device is turned off.
2. Remove the old elos cartridge from the applicator by pressing the 2 release buttons on its side and gently pulling it out.



3. Take the new elos cartridge out of its protective container (avoid touching the lens). Slide the cartridge gently into the applicator until you feel it "click" into place.



4. Before turning on the system, the applicator must be placed in the cradle. Turn on the me, my elos device. A new elos cartridge will show 100% on the panel.
5. Turn on the elōs by pressing the elos button on the side of your applicator. Make sure that the elōs indicator on the applicator is on and is not blinking.
6. Your me, my elos device is ready for use.







Note: New elōs cartridges may be ordered from point of purchase.

Recommended eĻos levels

Determine your skin type based on the descriptions below and set your me, my eĻos system's eĻos level accordingly.

If using the recommended eĻos level causes discomfort, treat at a lower level. If tolerable, increase the eĻos level for higher efficacy.

Treatable Skin Tones

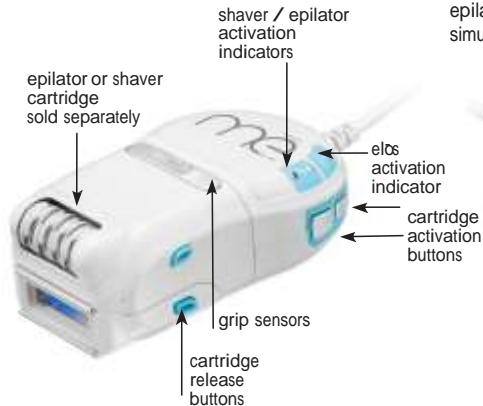
| | |
|---|--|
|  | Skin Type 1 – Pale white skin (always burns, does not tan) eĻos Level: High |
|  | Skin Type 2 – Fair skin (burns easily, rarely tans) eĻos Level: High |
|  | Skin Type 3 – Darker white skin (tans after initial sunburn) eĻos Level: High |
|  | Skin Type 4 – Light brown skin (burns minimally, tans easily) eĻos Level: Medium-to-High |
|  | Skin Type 5 – Brown skin (rarely burns, tans dark & easily) eĻos Level: Low-to-High |
|  | Skin Type 6 – Dark brown or black skin (never burns, dark tan): Do not use the me, my eĻos system! |

Note: If you have an excessive active tan DO NOT use me, my eĻos

How to operate the me, my elos system

Preparation

Your skin should be clean before starting the treatment. There should be no lotion, make-up, perfume, powder or bath/shower oil present on the skin in the area to be treated. Before treatment, wipe the area with a non-alcoholic wipe.



You can choose one of two options:

1. Use the epilator or shaver accessories (sold separately) simultaneously during treatment with elos. In this case, there is no need for shaving prior to treatment.

Note: You can use the epilator or shaver if you have hair up to 10mm.

2. If you do not use the shaver or epilator accessories, you should shave the required area prior the elos treatment.

Note: to ensure best results, you should not remove hair by waxing or epilator more than 5 minutes prior to elos treatment. Best results are achieved when the epilator or shaver accessories are used simultaneously with elos.



Method of operation

Select your elōs level:

1. Select your desired elōs level on the system's control panel according to your skin type (refer to the table on page 15): Low, Medium or High.

2. Press the elōs activation button on the applicator once to turn it on; the white indicator will light up, and a fan will start to operate the applicator.




Treating with epilator or shaver cartridge (optional)

if you choose not to use the epilator/shaver - you must insert the epilator protective cap (provided) to allow system operation.

3. Press the epilator/shaver cartridge activation button once to run the epilator mechanism at low speed; the number 1 indicator will light up.
4. If desired, press it again to run the epilator mechanism at high speed; the number 2 indicator will light up.



Important Note! The shaver cartridge (under foil cover) operates only at speed 1.



Important Note! The elos activation button will automatically turn itself off if no pulses have been emitted for one continuous minute.

5. With the thumb and forefinger of your hand, lightly touch the two grip sensors, one on each side of the applicator.
6. Apply the tip of the applicator on your skin in such a way that the two RF delivery bars are in complete contact with the skin.
7. Once full contact is achieved, you will notice light flashes, indicating that the system is operating. It is recommended to use the system under broad light environment.

Important Note! It is not recommended and there is no need, to look directly at the light flashes.

8. Use the system as you would use an epilator/shaver, either circular movements or back and forth strokes.
9. Move the applicator slowly and continuously so the light flashes will follow each other and cover entire area.

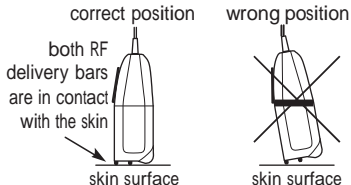
DO NOT hold the device in one spot.
DO NOT treat the face.

It is recommended to watch the instructional DVD before using the system for the first time.

Note: When treating curvy areas (i.e. underarm and knees) work the area in 2 directions at a 90 degree angle, for full coverage. Hard-to-reach areas can also be treated by first using either the shaver or epilator (while placing a protective cap instead of the elos cartridge), followed by the application of elos (while placing a protective cap on the shaver/epilator side).

Note: The first time you use the system with the epilator cartridge, it may feel slightly unpleasant, as you are removing hairs from the follicles. This feeling subsides after a few treatments, even if you have sensitive skin.

Important Note! The elos cartridge will not operate unless both RF delivery bars are in contact with the skin, and you are touching both grip sensors on the applicator.



Important Note! Do not block or cover the applicator's cooling inlet during operation to avoid overheating of the applicator.

Please be warned hot air will come out of the hot air out let once the system is in use.



mē, my elōs treatment procedure choosing your configuration:

Syneron recommends that you integrate your tried-and-true hair removing habits with your new mē, my elōs system:

- If you are used to using a razor - you can shave the treated area before using the elōs cartridge only. Remember to maintain the time of treatment and protocol as illustrated.
- If you are used to using a shaver, you should now use the mē, my elōs system with the elōs and shaver cartridges.
- If you are used to using an epilator, you should now use the mē, my elōs system with the elōs and epilator cartridges.
- If you are used to any combination of shaving or epilating in different areas of your body, use the mē, my elōs system in the same method. When treating light hair, it is recommended to use the elōs+epilator combination for higher efficacy.

Treatment durations:

For effective results, mē, my elōs should be used according to the following durations.



1 minute



2 minutes



3 minutes



10 minutes

Treatable skin types



When to use mē, my elos



Note: Treatment intervals refer to the use of the elos cartridge only. For maximum safety, it is not recommend to use the elos cartridge more than once every two weeks.

Note: Results may vary depending on treatment area, hair type, skin type etc.

When you have finished the treatment

1. Lift the applicator off your skin.
2. Press the elos activation button to turn off.

Note: the cooling vents will continue to work for 4 additional seconds after the elos is turned off.

3. Press the epilator/shaver activation button to turn it off.
4. Press the power button on the base unit to turn off the system.

5. Place the applicator in its cradle in the base unit.
6. Gently rinse your skin with lukewarm water and pat dry.
7. Gently apply moisturizing cream to your skin.

When you are done

- Unplug the system from the electrical wall outlet.
- Unless elos cartridge is empty, do not remove it from the applicator. If you remove the elos cartridge, insert the elos protective cap in place.
- Clean the epilator/shaver cartridge with the cleaning brush (supplied).
- Wipe off the applicator, and the glass window of the elos cartridge in particular, with soft tissue or non-alcoholic wet wipes.
- Store the applicator back in the base unit.
- Store system away from the reach of children.

Important Note! To ensure long term performance, it is recommended to clean the epilator and/or shaver after each use by using a cotton bud which was first soaked in alcohol and then squeezed out. The cotton bud must not be soaking wet, just moist.

Warning: do not rinse in water any part of the system.

Important Note! Do not use any household cleaning agents.

Cleaning the shaver cartridge

1. Turn the system off and unplug the electrical power cable from the wall socket.
2. Remove the shaver cartridge by pressing the release buttons, and sliding it off the applicator.
3. Remove the foil-covered blade assembly from the shaver cartridge by pulling it out.
4. Use the supplied cleaning brush to clean the blade assembly.
5. Clean the bottom of the shaver cartridge with the cleaning brush supplied.
6. Insert the blade foil into the shaver cartridge again.
7. Put the shaver cartridge back on again. Push down the shaving head until it catches.



Troubleshooting

Here is what you should do if any problems arise with your *mē*, *my elōs* system:

If the *mē*, *my elōs* system will not start:

- Check the system's power cable; it should be connected to the system and to the wall outlet.

If light pulses are not emitted from the *elōs* cartridge:

- Make sure that both sides of the applicator have a cartridge or a protective cap well inserted.
- The green indicator next to the power button should be on. If the indicator is orange, this means that the system is turned off. Press the power button to turn the system on.
- The white *elōs* indicator on the applicator should be continuously illuminated. A flashing white indicator means that the *elōs* cartridge or epilator/shaver cartridge or epilator/shaver cap is not inserted correctly. Re-insert the cartridge/cap.

- The *elōs* cartridge display on the base unit's control panel should show an indicator next to any of the percentage values (100%, 80%, etc.) or a blinking red light next to the empty indicator. If the red Empty indicator is continuously lit, it is time to insert a new *elōs* cartridge.
- During treatment, make sure that the RF delivery bars are in contact with your skin and that you are touching the grip sensors on the sides of the applicator.
- Make sure that the Error indicator (above the power button) is not illuminated. If it is:
 - Turn the system off.
 - Unplug it from the wall electrical outlet.
 - Wait 1 minute
 - Reconnect the power cable to the electrical outlet.
 - Turn the system back on.

If none of these suggested measures seem to help, contact your local provider for support.

Specifications

Light spectrum

- 550 – 1200 nm

Max elos energy 9J/cm²

- Max Optical 4J/cm²
- Conducted RF 5J/cm²
(in equivalent optical units)

Pulsed light repetition rate

- Up to 2 pulses/second (2 Hz)

RF Wave frequency

- 6.78 MHz

Radiofrequency power

- 5 Watts

Coverage rate

- Up to 6 cm²/second

elos cartridge pulse life

- 3,000 pulses

Electrical power input

- 200-240 VAC, 50 Hz

Dimensions and weight

- 20.5 x 15 x 9 cm [W x L x H]
- 1.17 Kg

| Acceptable Environmental Conditions | |
|-------------------------------------|-------------------------|
| Storage and transportation | |
| Temperature | -10°C to 55°C |
| Humidity | 90% at 55°C (137°F) |
| Pressure | 700-1060hPa |
| Operation: | |
| Temperature | 10°C to 30°C |
| Relative Humidity | up to 90% at 37°C |
| Altitude | up to 3900 m (13,000ft) |

Note! The system will not operate above 30°C

Labels and symbols

The nameplate label is adhered to the bottom of your me, my elos system.

It displays the manufacturer's name & address, the system's part & serial numbers, electrical requirements and regulatory standards that the system is designed to comply with.

This table explains the symbols that appear at the bottom of the label.

Applicable Standards






- EN 60335-1: 2002 (A1:2004; A2:2009)


Safety Standards

- EN 60335-2-8
- EN 60335-2-23: 2003
- EN 60335-2-27: 2003

EMC Standards

- EN 61000-6-1:2007
- EN 61000-6-3:2007

| Symbol | Description |
|---|--|
|  | Type BF Equipment |
|  | Class II equipment |
|  | CE Mark |
|  | WEEE Waste Electrical and Electronic Equipment |
|  | Attention: Consult Accompanying Document |



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Specifications are subject to change without notice.

Be sure to read all instructions carefully before starting treatment!

Note: System design may change without prior notification.

Contact information for customer support:

Syneron Ltd.

P.O. Box 550, Industrial Zone, Tavor Building

Yokneam Illit 20692, Israel Tel:

+ 972.73.244.2200,

Website: www.memyelos.com,

E-mail: info@memyelos.com

Quick Reference Guide

Important safety information

Please read all warnings and safety information in user manual before using me, my elos.

Note: If you have an active tan do not use me, my elos.

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).

Treatment

1. Press the power button **1** to turn the system on.
2. Select the elos level by pressing the button near the appropriate level based on the attached table.
3. Press the elos activation button.
4. Press the epilator/shaver* activation button to select desired speed.
*Epilator and shaver are sold separately
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 elos pulses.
7. Use the system in either circular movements or slow back and forth strokes.

Treatable Skin Types

| | |
|---|---|
|  | Skin Type 1 – Pale white skin (always burns, does not tan) elos Level: High |
|  | Skin Type 2 – Fair skin (burns easily, rarely tans) elos Level: High |
|  | Skin Type 3 – Darker white skin (tans after initial sunburn) elos Level: High |
|  | Skin Type 4 – Light brown skin (burns minimally, tans easily) elos Level: Medium-to-High |
|  | Skin Type 5 – Brown skin (rarely burns, tans dark & easily) elos Level: Low-to-High |
|  | Skin Type 6 – Dark brown or black skin (never burns, dark tan): Do not use the me, my elos system! |

Note: If you feel discomfort, treat at a lower level. If tolerable, increase the elos setting for higher efficacy.

Note: Do not use me, my elos if your skin has had long exposure the sun within the last three days.

Note: During treatment, **DO NOT** hold the applicator tip still in one spot!

When to use me, my elos



Treatment durations:

For effective results, me, my elos should be used according to the following durations.



1 minute



2 minutes



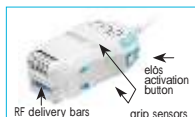
3 minutes



10 minutes

When you have finished the treatment

1. Lift the applicator off your skin.
2. Press the elos activation button to turn off.
3. Press the epilator/shaver activation button to turn it off.
4. Press the power button on the base unit to turn off the system.
5. Place the applicator in its cradle in the base unit.
6. Gently rinse your skin with lukewarm water and pat dry.
7. Clean the epilator/shaver as necessary.





www.memyelos.com

Syneron™



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