

Boots
SmoothSkin PLUS
INTENSE PULSED LIGHT PERMANENT HAIR REDUCTION

Instructions for use



by iPULSE

Selecting your correct skin tone

If there is no Skin Tone chart sticker on this page, do not use the Boots Smooth Skin PLUS system. Call the Boots Careline on 0845 120 1511 to obtain replacement instructions.

After reading the warnings and safety information on pages 7 – 9 use the Skin Tone chart and Electronic Skin Tone Sensor to select the Boots Smooth Skin PLUS system setting that most closely matches the area you want to treat.

If you are unsure about your skin tone, always use a darker setting, which delivers a more gentle treatment.

Always use skin tone setting IIII when treating the face and neck.

Boots Smooth Skin PLUS is not effective on:

- Red hair
- Grey or white hair

The Boots Smooth Skin PLUS system may be less effective if you suffer from Polycystic Ovaries Syndrome (PCOS).

WARNING DO NOT USE;

- If the skin to be treated is darker than skin tone IIII shown on the Skin Tone chart.
- If you have a parent or grandparent who is naturally dark skinned (skin tone falls in the DO NOT USE category on the skin tone chart) even if your skin tone is type I, type II, type III or type IIII on the chart or indicated by the Electronic Skin Tone Sensor. Darker skin tones absorb too much light during treatment which may cause serious skin injury.
- On areas that have been fake or naturally tanned in the last 30 days.
- Without first applying a thick layer of Activator Gel to the area to be treated.

See Appendix B for further help and advice about identifying your skin tone.

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Welcome to the Boots Smooth Skin ^{PLUS} system

What the Boots Smooth Skin ^{PLUS} system can do for you

The Boots Smooth Skin ^{PLUS} system is an Intense Pulsed Light (IPL) home use device for the removal of unwanted body hair. If used correctly it will provide permanent hair reduction.

The Boots Smooth Skin ^{PLUS} system also gives you flexibility; you can use it when it's convenient for you.

How does the Boots Smooth Skin ^{PLUS} system work?

The Boots Smooth Skin ^{PLUS} system works by directing an extremely short, intense pulse of filtered light into the skin. The light is absorbed by the coloured pigments in and surrounding the hair and disables the hair follicle preventing hair re-growth.

The hair needs to be darker in colour than the skin so that the hair follicle absorbs light.

Using the Boots Smooth Skin ^{PLUS} system for typically 6 – 12 treatments will give the best results and help to achieve permanent hair reduction.

Do not use the Boots Smooth Skin ^{PLUS} system more than once a week on the same area.

What to expect when using the Boots Smooth Skin ^{PLUS} system

Every time you trigger the unit it emits a bright flash of light that is only visible at the head of the unit when pressed against the skin. For many people some discomfort is normal when using the Boots Smooth Skin ^{PLUS} system. At most you should expect a feeling of heat and tingling in the skin when triggering the light pulse followed by localised redness in the skin.

Results vary between individuals. However between 7 and 14 days after the first treatment you may start to notice hair has fallen out whilst washing in the bath or shower.

Some hair re-growth may occur and the new hair growth should be less dense, finer and lighter in colour than the original hair. This re-growth is perfectly normal and should be expected, hair removal will not be totally complete until after the full treatment period.

Using the Electronic Skin Tone Sensor

The Electronic Skin Tone Sensor has been expertly designed and clinically tested to assist you in choosing the most appropriate skin type setting. It should be used in conjunction with the skin tone chart for an accurate reading.

Place the sensor on the area of skin that you wish to treat (make sure the area is shaved first), press and hold the operation button. The Electronic Skin Tone Sensor uses light based technology to detect the amount of melanin in your skin and determine your skin tone. After a measurement has been made you will see either a green light next to the symbols I, II, III or IIIII or a red light next to the symbol IIIIIII or IIIIIIIII. Any other light combination indicates a problem and the process should be repeated. If the device lights up **RED** on settings IIIII & IIIIIII this means this area will not be suitable for treatment.

A green light next to the symbol I, II, III or IIIII is an indication that your skin tone in that area of your body is likely to be type I, II, III or IIIII. If either of the red lights come on then the skin tone in that area of your body is too dark and you should NOT use Boots Smooth Skin ^{PLUS} in that area.

The Electronic Skin Tone Sensor device has been designed and proven to match well with expert assessment of various skin tones. However, if you perceive a difference between the result from the Electronic Skin Tone Sensor device and the skin tone chart you should select the darker of the two readings because this will deliver less energy into your skin.



How to use

To operate, place firmly on the skin and press **and hold** the button. The reading will display as long as the button is held down.

- 1 Shave the area of skin to be measured before using the Electronic Skin Tone Sensor, hair can affect the result.
- 2 Make sure the area is clean and dry, you should not use gel for this test as this may give an inaccurate reading.
- 3 **DO NOT** make the measurement under bright or direct sun light, this can affect the result.
- 4 To measure your skin tone, place the clear window on to the skin prepared as above, then press **and hold** the button on the Electronic Skin Tone Sensor. The skin tone reading will be displayed as long as the button is held down.
- 5 Take three or four measurements to check consistency, remember that a **RED** light means your skin tone is too dark and you must not continue with the treatment.
- 6 If more than one light comes on, there is a problem with the measurement or with the Electronic Skin Tone Sensor.
- 7 Each time you use the Electronic Skin Tone Sensor for a treatment, always double check the result using the skin tone chart on page 2.
- 8 If there is a difference between the skin tone identified by the skin tone sensor and the chart, you should always use the darker of the two results because this will deliver less energy into your skin.
- 9 Always use the skin tone setting IIIII when treating the face and neck.

* Please remember to reference the skin tone chart and Questionnaire (page 31, appendix B) to enable you to select the most appropriate skin type setting.

How to use summary

This is a summary and a memory aid and not a replacement for the full instructions—which you need to read fully.

Keep these instructions, you may need to refer to them in the future.

The Boots Smooth Skin ^{PLUS} system is not suitable for everyone.

- 1 Ensure your skin type is suitable by reading the warnings and safety information on pages 7 – 9 of these instructions before using.
- 2 Assess your skin tone in the area you wish to treat using the Skin Tone chart on page 2 and the Electronic Skin Tone Sensor. NB Always use the skin tone setting IIII when treating the face and neck.
- 3 Remember to patch test a small area of skin (see section 3, page 11) and wait for 48 hours to ensure no adverse reactions occur in this time.
- 4 Shave or trim the area to be treated.
- 5 Turn on the mains supply and the unit will come on in STANDBY mode. **Press and hold the selector button for three seconds**, the gentlest setting IIII will light up and is now ready to pulse.
- 6 Repeatedly press the selector button until the correct skin tone light is on.
- 7 Always apply a **thick** layer of refrigerated Activator Gel to the area to be treated. **DO NOT** rub the gel into the skin. The gel will help minimise any discomfort and also aid in showing the areas treated. Not using enough gel may result in a serious adverse reaction.
- 8 Hold handset to the skin. The trigger button will illuminate to indicate correct positioning on the skin.
- 9 Press trigger button to cause a flash.
- 10 Move to next area and repeat treatment.

Recommended additional products

When using the Boots Smooth Skin ^{PLUS} system there are additional products that we recommend you use to get the best results.

- Fragrance-free moisturiser
- Fragrance-free SPF30+ lotion (if treated area is exposed to sun)
- Cooling gel packs and fragrance-free moisturiser for cooling and soothing the treated area
- **White** eyeliner pencil, **white** card and surgical **white** tape for marking out and protecting delicate areas which cannot be treated with the Boots Smooth Skin ^{PLUS} system
- Spatula for applying and removing Activator Gel, a waxing spatula would be suitable

For further help and advice please contact larger Boots stores or visit www.boots.com/smoothskin or phone the Boots Careline on 0845 120 1511.

1. Before you start

When used properly the Boots Smooth Skin ^{PLUS} system will give excellent results in the permanent reduction of hair. It is a powerful system and needs to be used properly. It is not suitable for everyone and you should read the instructions fully before starting use to check whether it is suitable for you.

- 1 Please make sure you also read the warning and safety information.
- 2 The skin tone chart on page 2 should be used along with the Electronic Skin Tone Sensor to identify if the Boots Smooth Skin ^{PLUS} system is suitable for use on your skin and which skin tone setting you will need to use to obtain the best results.

If there is a difference between the skin tone identified by the skin tone sensor and the chart, you should always use the darker of the two results because this will deliver less energy into your skin.

- 3 Remember to patch test a small area of skin (see section 3, page 11) and wait for 48 hours to ensure no adverse reactions occur in this time. Always conduct a new patch test before using the Boots Smooth Skin ^{PLUS} system on different areas of the body.

For further help and advice please contact larger Boots stores or visit www.boots.com/smoothskin or phone the Boots Careline on 0845 120 1511.

2. Warnings and Safety information

The Boots Smooth Skin ^{PLUS} system is not suitable for everyone.

Read the following warnings on pages 7 – 9 carefully to check it is suitable for you.

Always keep these instructions handy for future reference.

Incorrect use can lead to serious skin injury.

Remember to use an SPF30+ fragrance-free sun lotion on the treated area after 24 hours for at least two weeks.

Skin type

WARNING DO NOT USE;

- If the skin to be treated is darker than skin tone IIII on the Skin Tone chart on page 2
- If you have a parent or grandparent who is naturally dark skinned (skin tone falls in the DO NOT USE category on the skin tone chart) even if your skin tone is type I, type II, type III or type IIII on the chart or indicated by the skin tone assessment tool. Darker skin tones absorb too much light during treatment which may cause serious skin injury

The technology used in the Boots Smooth Skin ^{PLUS} system is based on that used in professional IPL equipment. Professional clinics offering IPL treatments use very sophisticated and expensive equipment with special power settings, light filtering systems and cooling programmes to enable safe treatment of all skin types including very sensitive and darker skin types that are usually extremely prone to photosensitivity. Please read the information on page 2 and section 1 and 2 of this user guide very carefully before starting a treatment.

Tanned or fake-tanned skin

DO NOT use on areas of skin where a fake tan has been applied within the last 30 days.

DO NOT use if you have been sunbathing or using a tanning bed in the last 30 days.

DO NOT expose treated areas to the sun for at least 24 hours after treatment.

Areas not to treat

DO NOT use on pigmented or red birthmarks, brown or black spots on the skin such as large freckles, moles or warts or any area of skin you are applying medicine to.

DO NOT use on an area of recent surgery, deep peel, laser resurfacing, scars or skin that is damaged through burns or scalds.

DO NOT use on hair on the head, hair removal is usually permanent.

DO NOT use on the male beard, see advice for men on page 18.

DO NOT use on tattooed areas of skin.

DO NOT use on dry or fragile skin caused by the use of chemical peels, glycolic peels, AHAs.

DO NOT use on nipples, areola or your genital parts.

DO NOT use near or around a mole, unless you cover the mole with **white** eyeliner using a **white** eyeliner pencil, **white** adhesive label (adhesive 'dot') or use a piece of **white** card and treat round it.

DO NOT use on the same area of your skin more than once a week.

When not to use

This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instructions concerning use of the appliance by a person responsible for their safety.

DO NOT use on children or allow children to use this product, it is not a toy.

DO NOT use if pregnant or after pregnancy until your periods return.

DO NOT use if breast feeding.

DO NOT use during your period.

DO NOT use during times of stress or tiredness.

DO NOT use for at least 24 hours after heavy drinking.

DO NOT use for at least 14 days following microdermabrasion treatment.

DO NOT use if you are already undertaking other permanent hair removal treatments.

DO NOT use in the same room as very young children or babies because the light, which escapes from the side of the unit in normal use, can be very bright and may cause them discomfort.

Medical warnings

If you have a medical condition or are taking any of the medicines described below, the Boots Smooth Skin ^{PLUS} system is not suitable for you.

DO NOT use if you have any of the conditions listed:

- Skin cancer or a history of skin cancer
- Acne in the areas you want to treat
- Psoriasis, eczema, dermatitis or red swollen skin in the area you want to treat
- Cold sores in the area you want to treat
- Varicose veins in the area you want to treat
- Diabetes
- Kidney disease
- Heart disease
- Overactive Thyroid

DO NOT use if you have abnormal skin pigmentation for example Vitiligo or Albinism.

DO NOT use if you are taking medicines for:

- Cancer
- Heart disease
- Depression
- Hormone problems

DO NOT use if you have taken or used the following medicines for the treatment of acne or other skin conditions:

- Oral Isotretinoin (Roaccutane) in the previous six months
- Topical retinoids such as Tretinoin (Retin A) or Isotretinoin (Isotrex) in the previous three months
- Adapalene (Differin) in the previous three months
- Minocycline or other tetracycline-based medication in the previous three months

This is not an exhaustive list, if in doubt please seek medical advice.

DO NOT use if you have used any medicines or products that have photosensitising properties in the last three months. Appendix A on page 27 contains a list of common medicines and products that may cause photosensitivity.

If you suffer from Polycystic Ovaries you can still use the Smooth Skin ^{PLUS} but because of hormone changes in the body caused by the complaint the results may not be permanent.

If you have a medical condition or you are taking medicines and are unsure about using the Boots Smooth Skin ^{PLUS} system, seek medical advice before use.

Electrical warnings

The Boots Smooth Skin ^{PLUS} system is designed for use in the UK and elsewhere in the world where the mains voltage is 100V to 240V AC 50/60 Hz.

The unit will automatically go into STANDBY with all four lights flashing every two seconds if not used for three minutes. To use again press and hold the selector button for three seconds and the unit will revert to the previous skin tone setting used.

Your Boots Smooth Skin ^{PLUS} system features a SLEEP mode which operates after approximately one hour in STANDBY mode. When this happens the skin tone II light will flash every two seconds indicating SLEEP mode. To return the unit back into STANDBY mode press and hold the selector button for three seconds.

Alternatively turn the product off for a few seconds and then back on.

The Boots Smooth Skin ^{PLUS} system is now back in STANDBY mode and all four lights will flash every two seconds. To continue using the Boots Smooth Skin ^{PLUS} system press and hold the selector button for a further three seconds to put into READY mode.

Check that your Boots Smooth Skin ^{PLUS} system is in good condition. Regular after use cleaning is essential to maintaining the Boots Smooth Skin ^{PLUS} system in optimum working condition.

DO NOT use if damage is found e.g. cracked case, handset or power supply cable damage, (internal wires visible), cracked or badly chipped glass on the handset etc. Internal parts contain energy levels and voltages that are hazardous.

DO NOT use the Boots Smooth Skin ^{PLUS} system in a bathroom or near sinks or other vessels containing water. If the Boots Smooth Skin ^{PLUS} system becomes wet it should not be used.

DO NOT coil the power cable around the power supply during storage; this can lead to cable damage and early failure.

DO NOT pull the handset set cable tight or bend it through very sharp angles. This can cause cable damage and early cable failure.

DO NOT use if either the base unit or hand unit become hot to touch.

DO NOT dismantle; the Boots Smooth Skin ^{PLUS} system contains no user-serviceable parts and internal energy levels and voltages are hazardous.

DO NOT use a power supply or any other accessory unless they are specifically approved and supplied for use with the Boots Smooth Skin ^{PLUS} system. Use of accessories, which are not approved, may be dangerous.

The Boots Smooth Skin ^{PLUS} system is designed to operate between 15 – 30°C.

ALWAYS unplug the Boots Smooth Skin ^{PLUS} system when not in use.

3. Getting ready for a treatment

The Boots Smooth Skin ^{PLUS} system consists of two main parts; the power supply and main unit. Each time you use the Boots Smooth Skin ^{PLUS} system, inspect all parts of the system for damage. If damage is found it should not be used.



Setting up the Boots Smooth Skin ^{PLUS} system

Place the base unit on a firm, flat surface.

Lift the handset and uncoil the cord from around the base. Set the handset back into the cradle.

The handset should be securely placed in its cradle on the base unit.

The power supply unit should be plugged into the base unit taking care that it is not plugged into the mains supply.

Plug the power supply into a suitable mains supply socket and turn the mains socket on. The unit will start in STANDBY mode which will be indicated by all four lights flashing every two seconds.

Gathering together the essentials you may need

Before starting to use Boots Smooth Skin ^{PLUS} system you may find it useful to gather together some helpful bits and pieces.

You will need:

- Boots Smooth Skin Activator Gel

We recommend you keep this in the fridge so it's more cooling when you apply it to the skin.

We recommend you have to hand:

- SPF30+ fragrance-free sun tan lotion
- Fragrance-free moisturising cream
- **White** eyeliner pencil
- **White** card or **white** sticky labels
- Spatula
- Tissues
- Towel

Patch testing your skin before using the Boots Smooth Skin ^{PLUS} system

Before starting, test your skin reaction to the Boots Smooth Skin ^{PLUS} system and Activator Gel on or as near as possible to the area you are planning to treat following the instructions in this section.

- 1 Prepare a small area of skin as described in **Preparation for treatment** opposite.
- 2 Check your skin tone using the Skin Tone chart on page 2 and the Electronic Skin Tone Sensor.
- 3 Set the Boots Smooth Skin ^{PLUS} system to the appropriate skin tone—see section 4.
- 4 Apply a **thick** layer of refrigerated Activator Gel on to the area you are patch testing. **DO NOT** rub the gel into the skin. The gel will help minimise any discomfort and also aid in showing the areas treated.
- 5 Use the Boots Smooth Skin ^{PLUS} system and apply a single treatment to the patch test area—see section 4.
- 6 Turn the Boots Smooth Skin ^{PLUS} system off and clean the gel from the patch test area and the handset.
- 7 Follow the aftercare instructions on page 20.

Following the test wait at least 48 hours, checking the area regularly to see if you develop any reaction—see 'What to expect when using the Boots Smooth Skin ^{PLUS} system' on page 6, 'Possible adverse reactions' on page 19 and 'Aftercare' on page 20.

Only conduct your first full treatment after checking you don't have a reaction to the Activator Gel or to the light pulse produced by the Boots Smooth Skin ^{PLUS} system.

The area where you have patch tested should not be treated for at least one week after the patch test.

Preparation for treatment

Ensure the area to be treated is clean and free from deodorants, perfume, make-up or other creams and lotions.

Because a small amount of bright light will escape from the handset in use and this can be a distraction, you should find a location away from other people and young children or babies when conducting a treatment.

Select the area of your body that you want to treat with the Boots Smooth Skin ^{PLUS} system.

Using a razor, shaver or clipper, shave or trim the area to be treated. For best results hair should be no longer than 1 mm.

DO NOT epilate, wax or treat the area with hair removing creams because this may remove too much hair and stop the Boots Smooth Skin ^{PLUS} system from working effectively.

DO NOT point the handset at anyone or attempt to trigger the light pulse when the handset is not in full contact with the skin.

DO NOT look directly into the glass filter on the handset.

DO NOT block the cooling vents on the handset.

DO NOT use on skin **not** covered with the Activator Gel.

If you'd like to see a video on how to use the Boots Smooth Skin ^{PLUS} system you can see this at www.boots.com/smoothskin

4. Using the Boots Smooth Skin ^{PLUS} system

To determine if you have any reaction to the light pulse or the Activator Gel you need to complete a patch test at least 48 hours before treatment but you must avoid treating the patch tested area of skin for at least 1 week.

To start using the Boots Smooth Skin ^{PLUS} system prepare an area of skin for the treatment as described on page 11.

Using the Skin Tone chart on page 2 and the Electronic Skin Tone Sensor, select the skin tone that best matches your skin tone and set the Boots Smooth Skin ^{PLUS} system to your selected skin tone I, II, III or IIII. Dark skin absorbs more light than fair, so the IIII setting is the gentlest setting. If you're not sure which setting matches your skin tone always use a darker, gentler setting.

Other light sequences on the Boots Smooth Skin ^{PLUS} unit

Stand-by mode

Lights I, II, III and IIII flash on and off every 2 seconds

Sleep mode

Light II flashes on and off every 2 seconds

500 Flashes remaining

Flashbulb light flashes

Flash bulb needs replacing

Flashbulb light on constantly

See page 23 for further information.

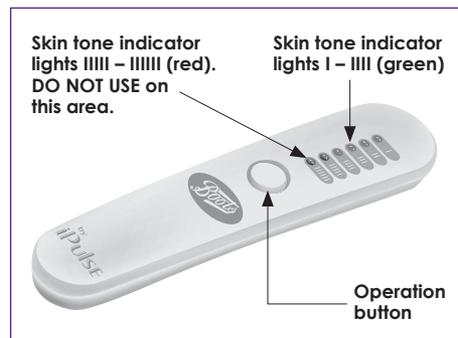
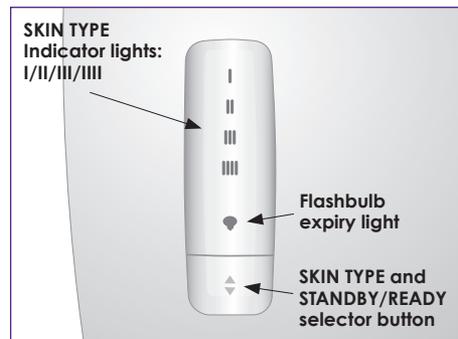
Once the Boots Smooth Skin ^{PLUS} system has been set up as described in section 3, the unit will be in STANDBY mode with all four lights flashing every two seconds.

On the base unit, press and hold the selector button for three seconds. Momentarily press the selector button again to choose between the different skin tone settings, IIII then III then II then I then IIII then III etc.

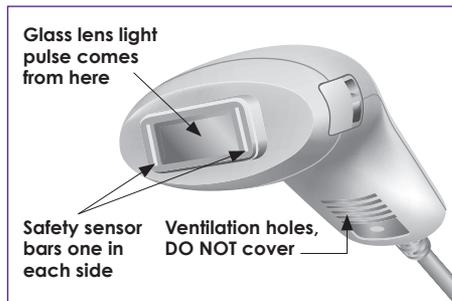
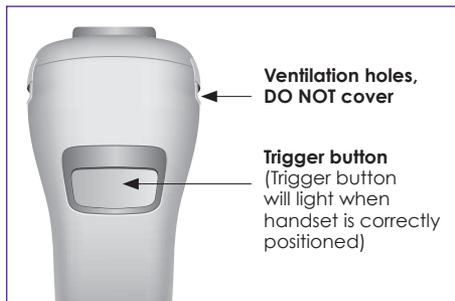
Treat one area of the body at a time e.g. underarms, upper or lower legs and stop using it if it becomes uncomfortable.

Using your fingers or a spatula, cover the area of skin to be treated with a **thick** layer of cooled Activator Gel. Only apply to a small treatment area each time to prevent the gel being accidentally wiped off or drying before treatment. If the gel starts to dry out before you treat an area, it **MUST** be reapplied before treatment. **DO NOT** rub the gel into your skin, not using enough gel may result in a serious adverse reaction.

At the end of a treatment cycle put the Boots Smooth Skin ^{PLUS} back into standby mode by pressing and holding the skin tone selector button for three seconds. Alternatively, the unit will go into standby mode if it is not used for three minutes.

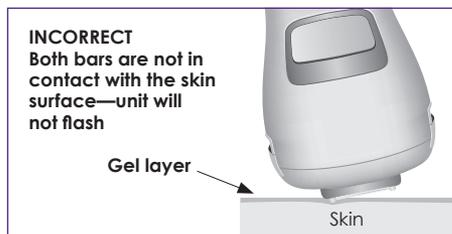
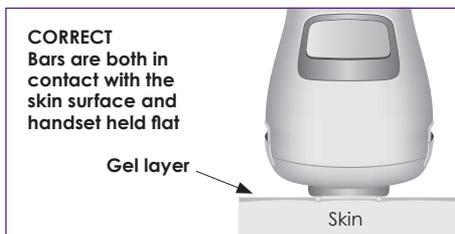


Take the handset in one hand and place squarely on the skin over the area to be treated, making sure you don't cover the ventilation holes on the underneath AND on the sides of the handset.



When the handset is correctly positioned, and both safety bars are in contact with the skin the trigger button on the handset will glow white.

If the trigger button does not glow white this either means you need to apply more gel or both safety bars are not in contact with the skin.



You are now ready to treat the area. Look away from the handset to avoid the bright light and press the trigger button. You will hear a click and feel a warm sensation in the area being treated. You may also see a localised redness in the skin—this is normal, see section 5 **Possible adverse reaction**.

Move the handset to the next area to be treated. You will need to wait for a few seconds for the unit to recharge before it is ready to trigger again. The skin tone setting light on the base unit will flash to show that the unit is recharging.

Once the unit has recharged and the handset has been correctly positioned on the next area of gel covered skin to be treated, the light on the handset will come on.

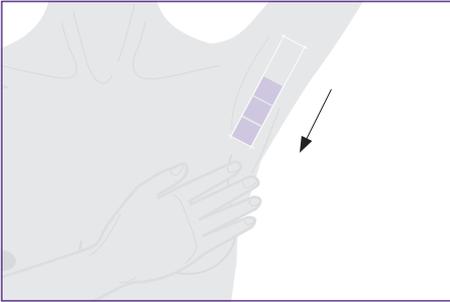
During treatment wipe away any build up of gel from the handset with a tissue or cloth.

After completing a treatment or moving to a new treatment area put the Boots Smooth Skin ^{PLUS} back into standby mode by pressing and holding the skin tone selector button for three seconds. Use a tissue, towel or cloth to clean any excess Activator Gel from the bottom of the handset and the area you have treated and place the handset back on the base unit.

Make a note of the date, the area you have treated and the skin tone setting used, on the treatment record card provided on page 26 for future reference.

Note that up to twelve weekly treatments may be required for a full treatment to be completed.

Under arms



Check the skin tone of the area you're treating using the Skin Tone chart on page 2 and the Electronic Skin Tone Sensor.

This is probably one of the easiest areas to start using the Boots Smooth Skin ^{PLUS} system and to learn how it works.

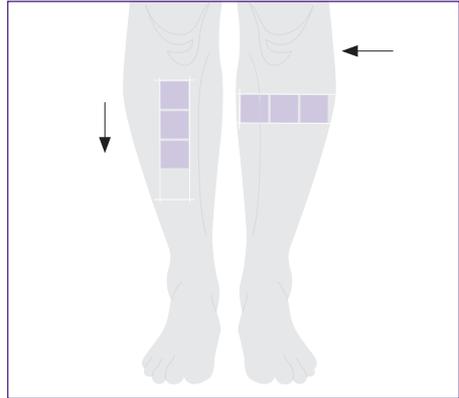
Some parts of the underarm can be sensitive, especially in the centre where hair growth is thickest.

Prepare the treatment area as described on page 11 and remember to use a thick layer of cooled Activator Gel before using the Boots Smooth Skin ^{PLUS}.

Start by treating the hairs furthest from the centre of the underarm area, closest to the elbow, and move steadily towards the breast as shown, moving in straight lines and taking care not to treat any area more than once.

DO NOT use underarm deodorant for at least 24 hours after treatment.

Legs



Check the skin tone of the area you're treating using the Skin Tone chart on page 2 and the Electronic Skin Tone Sensor.

The lower leg is often subject to tanning so the skin tone may change between the lower and upper area of your leg. Take care to check the skin tone over the whole leg before starting every treatment.

Prepare the treatment area as described on page 11 and remember to use a thick layer of cooled Activator Gel before using the Boots Smooth Skin ^{PLUS}.

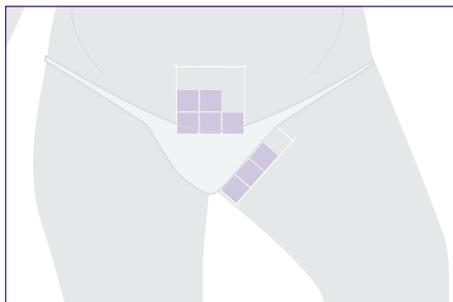
You can work either up and down the leg or across and round the leg but we recommend you consistently use one method whichever is easiest for you.

You may also notice that bony areas, the shin and ankle, are more sensitive.

Knees are better treated with the leg held out straight and not bent.

For more difficult areas you may require the help of another person to ensure correct coverage and prevent any area receiving overlapping treatments.

Bikini line



Check the skin tone of the area you're treating using the Skin Tone chart on page 2 and the Electronic Skin Tone Sensor.

Prepare the treatment area as described on page 11 and remember to use a thick layer of cooled Activator Gel before using the Boots Smooth Skin ^{PLUS}.

One useful tip is to use **white** cotton underwear or a g-string as a guide to show you the line to follow.

Start from the edge of the hair growth and work towards areas where the hair is denser.

Avoid overlapping treatments. If necessary use a cooling gel pack, kept in the fridge and not frozen, to cool the area after treatment.

DO NOT use dark coloured underwear because this may absorb some of the energy from the light pulse.

DO NOT treat the delicate, highly sensitive areas such as the inner area of the vagina (known as the Labia Minora) as this is a mucous membrane and treatment will cause a serious adverse reaction.

DO NOT treat directly on the anus as this is also a mucous membrane and treatment to this area can cause a serious adverse reaction.

Back

Check the skin tone of the area you're treating using the Skin Tone chart on page 2 and the Electronic Skin Tone Sensor.

Backs can be treated, but the treatment will require the help of another person to ensure correct coverage and prevent any area receiving overlapping treatments.

It is often useful to mark out the area to be treated with gridlines using a very thin **white** eyeliner pencil. It is best to work in 'zones' to avoid missing areas.

Care should be taken when treating bony areas because the bone is close to the skin's surface making the skin more sensitive.

Prepare the treatment area as described on page 11 and remember to use a thick layer of cooled activator gel before using the Boots Smooth Skin ^{PLUS}.

Arms

Check the skin tone of the area you're treating using the Skin Tone chart on page 2 and the Electronic Skin Tone Sensor. The lower arm is often exposed to the sun so it is very important to check the skin tone of both the upper and lower arm and make sure you set the Boots Smooth Skin ^{PLUS} to the darker, skin tone setting.

Arms, and particularly the lower arms, are often tanned and may be sun-damaged. You should wait 30 days after the last exposure to the sun before treatment.

If required, mark out the areas to be treated using a very thin **white** eyeliner pencil.

Prepare the treatment area as described on page 11 and remember to use a thick layer of cooled activator gel before using the Boots Smooth Skin ^{PLUS}.

You can treat around the elbow or wrist but care should be taken when treating bony areas because the bone is close to the skin's surface making it more sensitive.

Body

Check the skin tone of the area you're treating using the Skin Tone chart on page 2 and the Electronic Skin Tone Sensor.

Unwanted hair growth in females can occur in the centre of the chest, between the breasts, and more commonly in areas around the nipple area.

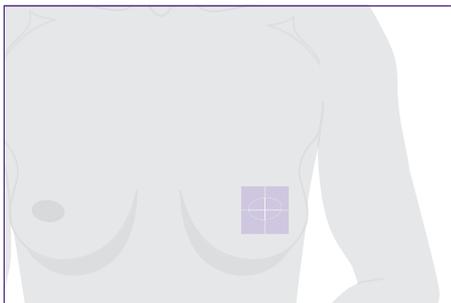
In males, unwanted hair growth is usually more general across the chest but the same techniques should be followed.

Take care when treating the area between the breasts as the chest bone is close to the skin's surface and this area may be sensitive.

The upper chest area is often tanned and may be sun-damaged and therefore you should use the Skin Tone chart to reassess the skin tone and adjust the skin tone setting on the Boots Smooth Skin ^{PLUS} system base unit accordingly.

Prepare the treatment area as described on page 11 and remember to use a thick layer of cooled activator gel before using the Boots Smooth Skin ^{PLUS}.

On the breast



Cover up all of the areola and nipple area using a shield. **White** adhesive labels may be cut to shape and used for this job.

DO NOT treat any of the dark skin.

With the nipple safely protected, the whole area may be treated in rows placing the handset over the protected area to ensure that all the hairs are effectively treated.

Face and neck

Avoid starting a treatment on your face when you know you will be exposing your face to sunlight in the following 24 hours. If you are going into the sun following a treatment take care to shade the treated area from direct sunlight using a hat or parasol.

Using the Boots Smooth Skin ^{PLUS} system to remove unwanted hair on your face is a slightly different process to that used for removing unwanted hair on your body, for this reason please read this section thoroughly before proceeding.

Before starting a treatment it is important to prepare your skin properly and complete a patch test to check your skin does not have a reaction to the Boots Smooth Skin ^{PLUS} system or the Activator Gel. See page 11 of the user guide for more information.

Skin on the face and neck is exposed to natural UV light daily, even when it's cloudy. When treating your face and neck, be sure to select the gentlest skin tone setting IIII on your Boots Smooth Skin ^{PLUS}.

DO NOT use other Boots Smooth Skin ^{PLUS} power settings when treating the face and neck as this may cause injury.

If you use a mirror to help you correctly position the handset when treating your face and neck, look away before firing because the flash is very bright.

After treatment avoid exposing the treated area to the sun for at least 24 hours. Use an SPF30+ fragrance-free sun lotion regularly after 24 hours and for at least two weeks following the treatment.

DO NOT sun tan or use sun beds for at least 30 days after a treatment.

Protect any moles, birthmarks etc. or patches of sensitive skin in the treatment area using **white** card or thick **white** paper to cover the marks and reflect the energy of the flash.

Protect lips and the lip margin using **white** card or thick **white** paper to reflect the energy of the flash. **White** eyeliner pencil should be used to mask any permanent or semi-permanent lip liner on the lip margin.

Avoid overlapping treatments. If following a treatment the area is particularly sensitive, a cool compress may be soothing and a fragrance-free moisturising cream can be applied.

In the unlikely event that you see pigmentary changes in your skin (light or dark patches), stop using the Boots Smooth Skin ^{PLUS} on your face. Seek medical advice to determine the cause.

DO NOT treat the eye socket or around the eye area.

DO NOT use for eyebrow shaping. It is important to avoid accidentally treating the eyebrows as any hair loss is likely to be permanent.

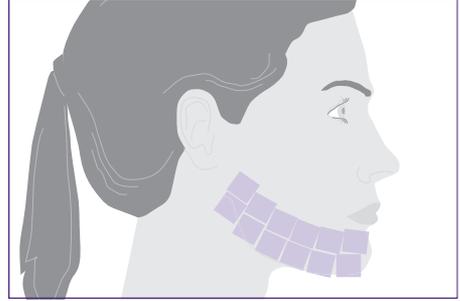
DO NOT treat the scalp, it is important to avoid accidentally treating the scalp because any hair loss is likely to be permanent.

DO NOT treat inside the nostrils (as these are delicate mucous membranes and may cause a serious adverse reaction) or ears.

DO NOT use perfumed products or make up for up to 24 hours after a treatment as this may cause irritation.

Advice for women

Treating the face, cheek and jaw



A **white** eyeliner pencil can be used to mark out the treatment area, treatment should be carried out in a line from the ear, down the face and follow the jaw line as shown.

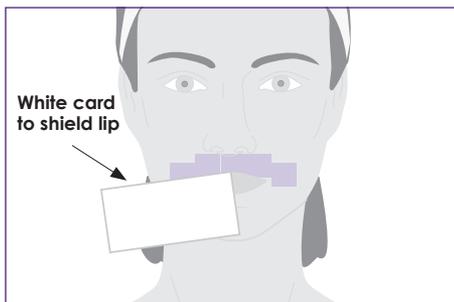
The skin on your face and neck is exposed to natural UV light daily, even when it is cloudy, **ONLY** treat your face with the unit set to skin type IIII. **DO NOT** use a higher skin type setting.

Before starting a treatment of your face make sure you have completed a patch test as described on page 11 and you have taken care to protect any moles, birthmarks, lips etc. using **white** card or thick **white** paper as described under the Face and neck section.

Prepare the treatment area as described on page 11 and remember to use a thick layer of cooled activator gel before using the Boots Smooth Skin ^{PLUS}.

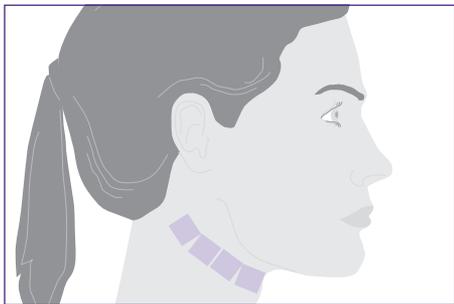
If necessary additional lines of treatment may be added until the required area has been covered. Take care not to overlap treatment areas.

Treating the upper lip



Take additional care when treating hair on the upper lip because the central area below the nostrils is particularly sensitive.

Treating the neck and chin



Hair growth under the chin can be denser and more coarse in nature and this can sometimes lead to slight reddening in the skin following a treatment. This redness is temporary and should completely disappear after 24 hours.

When treating this area take care not to overlap treatments because this can lead to skin irritation.

Advice for men

Treating the face, cheek and jaw

The Boots Smooth Skin ^{PLUS} system can be used to remove patches of hair that can appear high on the cheek. Take care not to overlap treatments because this can lead to skin irritation.

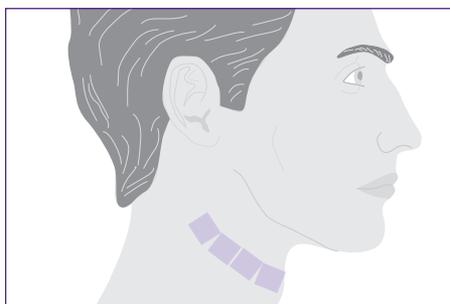
Please note: Treatment with the Boots Smooth Skin ^{PLUS} system is usually permanent and complete removal of the male beard is not advisable and will produce changes in facial characteristics, which may lead to a more feminine appearance.

The skin on your face and neck is exposed to natural UV light daily, even when it is cloudy, **ONLY** treat your face with the unit set to skin type IIII. **DO NOT** use a higher skin type setting.

Before starting a treatment of your face make sure you have completed a patch test as described on page 11 and you have taken care to protect any moles, birthmarks, lips etc. using **white** card or thick **white** paper as described under the Face and neck section.

Prepare the treatment area as described on page 11 and remember to use a thick layer of cooled activator gel before using the Boots Smooth Skin ^{PLUS}.

Treating the neck



The Boots Smooth Skin ^{PLUS} system can be used to reduce the hair growth on the neck where shirt collars rub and can lead to soreness following shaving.

During use

Once activated, if the Boots Smooth Skin ^{PLUS} is not used for three minutes it will automatically go into standby mode and all four of the skin tone lights will flash every two seconds. To continue using the Boots Smooth Skin ^{PLUS} simply press and hold the skin tone selector button for three seconds and the unit will revert to active mode. Always check the correct skin tone is set before starting a new treatment cycle.

Your Boots Smooth Skin ^{PLUS} system features a SLEEP mode which operates after approximately one hour of the unit being in STANDBY mode. When this happens the skin tone II light will flash every two seconds indicating SLEEP mode. To return the unit back into STANDBY mode **press and hold the selector button for three seconds**. Alternatively turn the product off for a few seconds and then back on. The Boots Smooth Skin ^{PLUS} system is now back in STANDBY mode and all four lights will flash every two seconds. To continue using the Boots Smooth Skin ^{PLUS} system press and hold the selector button for a further three seconds to get into READY mode. Always check the correct skin tone is set before starting a new treatment cycle.

If the handset starts to feel uncomfortably warm or hot against your skin during use, stop using the Boots Smooth Skin ^{PLUS}, put the unit back into STANDBY mode and place the handset back into the cradle. Leave the unit for at least 30 minutes to cool down. Remember to check that you have a thick layer of gel applied at all times. If the problem persists stop using the Boots Smooth Skin ^{PLUS}.

When your Boots Smooth Skin ^{PLUS} has less than 500 pulses remaining the flashbulb expiry light will flash. If the flash bulb expiry light is on continuously your handset has fired 20,000 flashes and your Boots Smooth Skin ^{PLUS} must be returned for a chargeable service or replaced.

5. Possible adverse reactions

Most people will experience some discomfort (heat or redness of the skin) when using the Boots Smooth Skin ^{PLUS} system, and this is normal. You may feel heat and tingling when triggering the light pulse followed by localised redness in the skin. This type of reaction usually disappears after 24 hours and is not a side effect that needs any action.

Side effects are usually immediate or appear within 24 hours. In rare cases it may take up to 72 hours to appear.

OTHER EFFECTS AND WHAT TO DO IF YOU GET THEM

EFFECT	WHAT TO DO IF YOU GET THEM
Strong pain in the area being treated	Stop treatment immediately, cool the affected area with cooling gel packs and apply fragrance-free moisturiser. If the pain lasts longer than 24 hours seek medical advice.
Itching of the treated area	Cool the skin and apply pure Aloe Vera gel. If itching continues past the first 24 to 48 hours seek medical advice.
Heat and redness of the skin which continues after the first 24 hours	Continue to cool the affected area cooling gel packs, apply with fragrance-free moisturiser. If there is no improvement in the next 24 hours seek medical advice.
Blistering or burning of the skin	Cool the area with cooling gel packs. Seek medical advice immediately.
Swelling, fragile skin, bruising	Continue to moisturise the area and protect it from sunlight. Use a fragrance-free SPF30+ sun cream. If there is no improvement in the next 24 hours seek medical advice.
Changes to the pigmentation (colour) of the skin in the area treated	Your skin pigment should return to normal in time.

6. Aftercare

Avoid exposing a treated area to the sun for 24 hours and then apply a fragrance-free SPF30+ sun lotion to the area. Continue to protect the skin with SPF30+ throughout the treatment and for two weeks after each treatment.

After treatment has started you should:

- Keep area clean and dry
- Drink lots of water to keep skin hydrated

DO NOT

- handle the treated area roughly
- take hot baths, showers, or use steam rooms and saunas for 24 hours after treatment. However, you can take a cool shower or wash with cool water
- swim for 24 hours after treatment

- take part in contact sports for 24 hours after treatment
- wear tight fitting clothing over the treated area
- sunbathe, use a sunbed or fake tan during the treatment and for at least two weeks after the last treatment
- depilate (waxing, plucking, threading or creams) during the treatment—shaving is acceptable as long as you avoid shaving for 24 hours after each treatment
- use bleaching creams or perfumed products for 24 hours after treatment
- scratch or pick at the treated area

Any of the above may cause hypersensitivity in the treated areas.

7. Cleaning the Boots Smooth Skin ^{PLUS} system

For best results the handset of the Boots Smooth Skin ^{PLUS} system should be regularly cleaned during use to prevent the build up of gel and the whole system inspected and cleaned after each treatment.

Cleaning during use: Please ensure your Electronic Skin Tone Sensor is clean, wipe with a clean cloth as necessary.

It is important to remove excess gel from the handset during use, to do this first put the unit into STANDBY mode by pressing and holding the skin tone selector button for three seconds.

Wipe the gel off the handset with a clean cloth or tissue taking care not to damage the glass block or to get any gel into the air vents on the handset.

To start using the Boots Smooth Skin ^{PLUS} again, press and hold the skin tone selector button for three seconds, the unit will then revert to the active mode.

Cleaning after use: Before cleaning, the Boots Smooth Skin ^{PLUS} system must be disconnected from the mains supply.

Clean the outside of the unit handset and Electronic Skin Tone Sensor using a damp, not wet, cloth and dry thoroughly before using.

DO NOT

- immerse in water
- use petroleum based or flammable cleaning agents because of the risk of fire
- use abrasive cleaning agents

Take care not to scratch or chip the glass block on the handset as scratches and chips can reduce the effectiveness of the unit. If the glass block is cracked or broken the unit must not be used.

8. Troubleshooting

The following troubleshooting guide should be used initially to try to solve any problems you may experience with the Boots Smooth Skin ^{PLUS} system.

If you have followed the instructions in this section and are still unable to resolve your problem please ask at larger Boots stores stocking this item, visit www.boots.com/smoothskin or call the Boots Careline on 0845 120 1511.

Please note that smaller Boots stores may not be able to help.

Because of the special nature of the light, the flashbulb in the Boots Smooth Skin ^{PLUS} system handset has a lifetime expectation of 20,000 pulses before the light quality falls below acceptable levels. After this number of pulses the handset will not operate and the unit must be returned for a chargeable service and to have a new flashbulb fitted.

PROBLEM: The lights on the Boots Smooth Skin ^{PLUS} Control Panel are not lit up.

Make sure that the power supply is plugged in and switched on at the wall.

Ensure that the power lead to the Boots Smooth Skin ^{PLUS} system base unit is plugged in fully.

Check that the fuse or circuit breaker in the mains supply has not blown.

PROBLEM: All four of the skin type lights are flashing about once every two seconds.

The unit will power up into STANDBY mode with all four skin tone setting lights flashing once every two seconds. Press and hold the skin tone selector button for three seconds to put the unit into active mode.

The unit will automatically go into STANDBY with all four lights flashing every two seconds if not used for three minutes. To use again press and hold the selector button for three seconds and the unit will revert

to the previous skin tone setting used.

PROBLEM: Skin type II light is flashing.

Your Boots Smooth Skin ^{PLUS} system features a SLEEP mode which operates after approximately one hour in STANDBY mode. When this happens the skin tone II light will flash every two seconds indicating SLEEP mode. To return the unit back into STANDBY mode press and hold the skin tone selector button for three seconds. Alternatively turn the product off for a few seconds and then back on. The Boots Smooth Skin ^{PLUS} system is now back in STANDBY mode and all four lights will flash every two seconds. To continue using the Boots Smooth Skin ^{PLUS} system press and hold the skin tone selector button for a further three seconds to get into READY mode.

PROBLEM: The Boots Smooth Skin ^{PLUS} system doesn't work on small areas.

For safety reasons, if the area to be treated is too small for both safety bars on the handset to make positive contact with the skin the Boots Smooth Skin ^{PLUS} system will not emit a pulse of light.

PROBLEM: My Boots Smooth Skin ^{PLUS} system base unit or handset appears to be broken, cracked or defective.

Do not use if the base unit, handset or connecting cable are damaged or if the power supply is damaged. If you are in any doubt about the safety of the Boots Smooth Skin ^{PLUS} system or suspect it is damaged in any way it must not be used.

Please ask at larger Boots stores stocking this item, visit www.boots.com/smoothskin or call the Boots Careline on 0845 120 1511.

Please note that smaller Boots stores may not be able to help.

PROBLEM: The lights on the Boots Smooth Skin ^{PLUS} Control Panel are ON or FLASHING in a strange pattern.

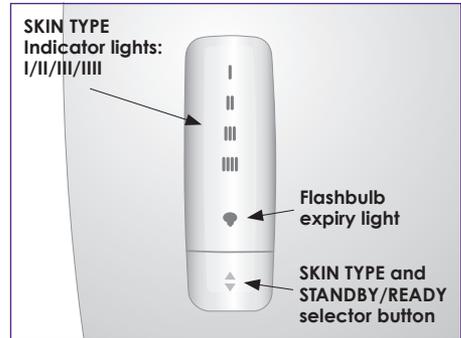
This means that the Boots Smooth Skin ^{PLUS} system is self-testing and will display any error messages through combinations of lights on the Control Panel. The table below explains what these light combinations mean.

PROBLEM: The handset feels hot against my skin.

If the handset starts to feel hot when you hold it against your skin put the unit into STANDBY mode and leave it to cool down for 30 minutes.

Check that when you are using the unit you don't accidentally cover any of the

cooling vent holes on the handset and that you are using a fresh, thick layer of cooled Activator Gel. **DO NOT** use the unit without having a thick layer of Activator Gel on the area to be treated.



INDICATOR LIGHTS	ACTIVITY	EXPLANATION
Flashbulb expiry light	Flashing	The handset has less than 500 pulses remaining.
Flashbulb expiry light	ON continuously	The flash bulb has fired 20,000 flashes and your Boots Smooth Skin ^{PLUS} must be returned for a chargeable service or replaced.
All four lights flashing every two seconds	OFF	The unit is in STANDBY mode. Press and hold the selector button for three seconds to put into READY mode.
Skin tone II light flashing every two seconds	OFF	The unit is in SLEEP mode. Press and hold the selector button for three seconds to put into STANDBY mode.
Skin tone lights I and IIII flashing alternately	OFF	The unit is damaged and should be returned for repair.
Electronic Skin Tone Sensor green and red lights	Flashing in a random sequence	The unit has not been placed on skin properly, please try again.

9. Technical specification

The Boots Smooth Skin ^{PLUS} system (Item code 45-20-408) is a 'filtered broadband intense pulsed light' system with the following technical specification:

Light Pulse Wavelengths limited to between: 530 – 1100 nm

Electrical protection:
Class II

Ingress Rating:
IPX0—the system is not protected against the ingress of liquids

Operating temperature limit:
15 – 30°C

Pulse duration and Energy density from applicator:

Setting I:
25 ms single square pulse 10 J/cm²

Setting II:
40 ms double pulse (15 ms on, 10 ms off, 15 ms on) 10 J/cm²

Setting III:
45 ms double pulse (15 ms on, 15 ms off, 15 ms on) 8 J/cm²

Setting IIII:
74 ms double pulse (17 ms on, 40 ms off, 17 ms on) 7 J/cm²

Pulse repetition rate:
3 – 6 seconds—manual trigger

Treatment area (spot size):
3 cm² (12 mm X 25 mm)

This product does not exceed the optical radiation limits regarding exposure of the eye or skin that is expected to result in adverse health effects according to BS 8497-2.

The system includes a safety system and needs contact with skin covered in a layer of suitable Activator Gel in order to operate correctly. Use only gels specifically designed for use with the Boots Smooth Skin ^{PLUS}. Other gels or creams should not be used.

Cooling:
Base and Handset: fan assisted cooling

Electronic Skin Tone Sensor:
Light Output Wavelength—465 nm

Pulse duration—Manual trigger; 45 ms total duration (5 pulses of 1 ms on, 10 ms off)

Electrical Protection—Lithium Battery operated, CR 2032, 3V.

Conformance:



CE marking certifies that this appliance conforms to the following EEC directives:

- Low Voltage Directive 2006/95/EC
- Electromagnetic Compatibility Directive 2004/108/EC
- Energy Using Product Directive 2005/32/EC

Disposal (end of life)

In order to minimize hazards to health and the environment and ensure that materials can be recycled, this product should be disposed of at a separate collection facility for waste electrical and electronic equipment.

The Wheelie Bin symbol marked on the product is there to remind you.

The installed battery in the Electronic Skin Tone Sensor will be removed by a professional recycling facility.

Contact our free helpline 0800 915 9023 or see www.recycle-more.com for further details.



Warranty

In addition to your statutory rights, Boots UK Limited agrees that if any defect in materials or workmanship appears in the product within two years after the original date of consumer purchase it will repair or, at its option, replace the product free of charge.

This applies only if the product has been used for domestic purposes and has not been damaged through misuse, accident or neglect and has not been modified or repaired by anyone other than Boots or its authorised agents.

If a defect appears, please check that the article is being used in accordance with the instructions. If so, return it with this warranty and proof of purchase to your nearest Boots store which stocks this article or similar articles, as soon as possible.

Boots reserves the right to modify this product without notice.

10. Treatment record card

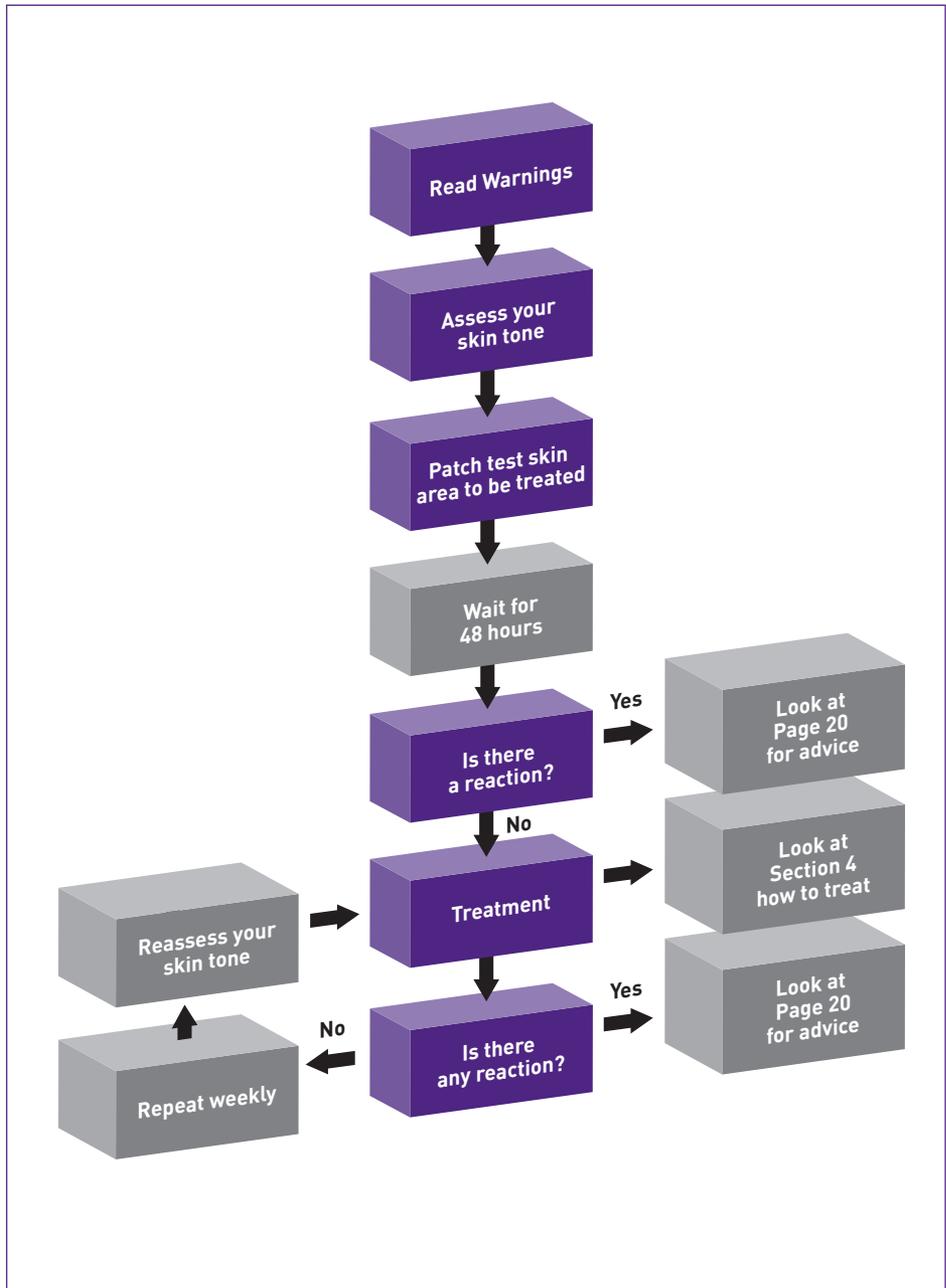
Name:			
No.	Date	Area Treated	Skin Tone Setting
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Name:			
No.	Date	Area Treated	Skin Tone Setting
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Name:			
No.	Date	Area Treated	Skin Tone Setting
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Name:			
No.	Date	Area Treated	Skin Tone Setting
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

Summary diagram



Appendix A

DO NOT use the Boots Smooth Skin ^{PLUS} system if you take the following medicines or products.

These medicines or products may cause photosensitivity. Photosensitivity is a skin reaction that happens when you are exposed to light.

If you take medicines that are not listed in this table, check the leaflet that comes with them to see if photosensitivity is listed as a side effect (it may be described as a skin rash which worsens when exposed to the sun, or similar phrase).

If your medicine or product is not mentioned here and you are unsure about using the Boots Smooth Skin ^{PLUS} system please seek medical advice.

The list is arranged by the active ingredient name of the medicine (check the label and leaflet of your medicine to find this). To help you identify medicines that you may be using we have grouped them by the conditions that they are used to treat.

MEDICINES FOR CANCER

Fluoruracil

Methotrexate

MEDICINES FOR HEART OR BLOOD VESSEL PROBLEMS

Amiloride/Cyclopenthiazide
(Co-amilozide)

Amiodarone

Bendroflumethiazide (Bendrofluazide)

Captopril

Ciprofibrate

Diltiazem

Enalapril

Felodipine

Flecainide

Furosemide (Frusemide)

Hydrochlorothiazide

Indapamide

Lisinopril

Nifedipine

Quinidine

Simvastatin

Sotalol

Verapamil

MEDICINES FOR ANXIETY, DEPRESSION, SCHIZOPHRENIA, INSOMNIA AND OTHER MENTAL HEALTH CONDITIONS

Alimemazine (Trimeprazine)

Amitriptyline

Chlordiazepoxide

Chlorpromazine

Citalopram

Clomipramine

Dosulepin (Dothiepin)

Fluoxetine

Flupentixol

Fluvoxamine

Haloperidol

Nortriptyline

Olanzapine

Paroxetine

Prochlorperazine

Sertraline

St Johns Wort

Thioridazine

Trifluoperazine

Venlafaxine

MEDICINES FOR SKIN CONDITIONS SUCH AS ACNE OR PSORIASIS

Acitretin

Azelaic acid

Co-cyprindiol (Diannette)

Isotretinoin

Psoralens

Tretinoin

MEDICINES FOR DIABETES

Gliclazide

Tolbutamide

MEDICINES TO TREAT BACTERIAL, FUNGAL OR VIRAL INFECTIONS

Aciclovir

Ciprofloxacin

Co-trimoxazole

Doxycycline

Griseofulvin

Isoniazid

Lymecycline

Minocycline

Nalidixic acid

Norfloxacin

Ofloxacin

Oxytetracycline

Sulphonamides

Terbinafine

Tetracycline antibiotics

MEDICINES FOR PAIN RELIEF AND SWELLING, INCLUDING INFLAMMATORY AND RHEUMATOID CONDITIONS

Celecoxib

Diclofenac

Etanercept

Felodipine

Gold

Ibuprofen

Indometacin (Indomethacin)

Mefenamic acid

Meloxicam

Naproxen

Piroxicam

Sulphasalazine

Tolfenamic acid

MEDICINES TO TREAT ALLERGY

Chlorphenamine (Chlorpheniramine)

Ciproheptadine

Diphenhydramine

Promethazine

MEDICINES TO TREAT OR PREVENT MALARIA

Chloroquine

Quinine

MEDICINES FOR EPILEPSY

Carbamazepine

Phenytoin

MEDICINES FOR STOMACH PROBLEMS

Esomeprazole

Lansoprazole

Mebeverine

Omeprazole

Pantoprazole

OTHER MEDICINES FOR VARIOUS CONDITIONS

Alendroic Acid (Alendronate)

Betahistine

Prochlorperazine

Botulinium toxin (Botox)

Collagen Injections

Glucosamine

Vitamin A

Evra Contraceptive Patch

Oxybutynin

Tacrolimus

Appendix B—Skin Tone Questionnaire

The table below contains a simple list of questions, which are designed to help you identify your skin tone more accurately.

Answer each question in the left-hand column and place one score in the box to the right that most accurately describes you.

For answers in column 0, score 0.

For answers in column 1, score 1.

For answers in column 2, score 2.

For answers in column 3, score 3.

For answers in column 4, score 4.

Add together the scores in each column and put the total in the box at the bottom of the column.

Add together the total in each column and write the result in the box under the table marked **Total Score**.

	0	1	2	3	4
What's your eye colour?	Light blue, grey or green	Blue, grey or green	Dark blue, grey or green, light brown or hazel	Dark brown	Brownish black
Natural hair colour in area of treatment?	Sandy red	Blonde	Dark blonde, chestnut, or light brown	Brown	Black
Your natural skin colour in unexposed areas?	Reddish	Pale	Beige or olive	Brown	Dark brown
How many freckles do you have in unexposed areas?	Many	Several	Few	Hardly any	None
If you stay in the midday sun without sunscreen, what happens?	Painful redness, blisters, peeling	Mild blistering followed by peeling	Sometimes burns with mild peeling	Rarely burns	Never burns
Do you turn brown after being in the sun?	Never	Seldom	Sometimes	Often	Always
How brown do you get?	Not brown at all	Light tan	Medium tan	Dark tan	Very dark tan
Is your face sensitive to the sun?	Very sensitive	Sensitive	Normal	Resistant	Never have a problem
How often do you tan?	Never	Seldom	Sometimes	Often	Always
When was your last tan?	+ 3 months ago	2 – 3 months ago	1 – 2 months ago	Weeks ago	Within the last few days
TOTAL FOR EACH COLUMN	0				

Total Score (adding together all the column totals)

Use the total score to determine your Fitzpatrick Skin Type using the table below.

Your Fitzpatrick Skin Type is used to assess the correct setting you should use on the Boots Smooth Skin ^{PLUS} system (I, II, III or IIII) or whether your skin tone is too dark to use the device.

TOTAL SCORE FROM ABOVE	FITZPATRICK SKIN TYPE	BOOTS SMOOTH SKIN ^{PLUS} SETTING
0 - 7	Type I	I
8 - 16	Type II	II
17 - 25	Type III	III
26 - 30	Type IV	IIII
Over 30	Type V, VI	DO NOT USE

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 *SmoothSkin* **PLUS**

INTENSE PULSED LIGHT PERMANENT HAIR REDUCTION

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