

# mē

my eIōs

the fastest way to permanent hair reduction



## user guide

Validate your warranty for mē at [www.memyelos.com](http://www.memyelos.com)  
and also receive product updates and special offers

# Quick Reference Guide



## Important safety information

Please read all warnings and safety information in user manual before using mē.

**Note:** If you have an active tan do not use mē.







## Preparation

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

## Treatment

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

## Treatable Skin Types

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

**NB:** If you feel discomfort, treat at a lower level. If tolerable, increase the elōs setting for higher efficacy.

**NB:** Do not use on sun burned or tanned skin, as tanning may influence the safety of the treatment. Wait until the sunburn or tan fades prior to performing a test patch on an inconspicuous area. Reexamine the area after 3 days to ensure no side effects have occurred.

**NB:** Do not tan 24 hours after mē treatment.

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

# When to use mē



1. perform first 4 treatments every 2 weeks
2. after first 6 weeks, use mē as hair appears (up to 3 months between treatments)

## Treatment durations:

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



1 minute per underarm



2 minutes bikini area



3 minutes per arm



10 minutes per full leg

## When you have finished the treatment

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



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## About the mē hair removal system

Your new mē system is intended for long-term hair removal. The mē 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-IV (see page 16 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 system is powered by elōs™ (Electro-Optical Synergy), clinically proven, gold standard technology that uses low-energy pulsed light together with gentle radio frequency (RF).

**NB:** 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-familiarise yourself with this user guide prior to each use of mē.

## Box contents

Upon opening the mē package you will find the following components:

- Base unit and applicator, including: elōs cartridge and epilator/shaver protective cap (already attached)
- Accessories kit, including:
  - elōs protective cap
  - Electrical power cord
  - Cleaning brush
  - User guide (including a quick reference guide)
  - Instructional DVD
  - Warranty card
- Additional accessories (sold separately):
  - Epilator with cleaning brush
  - Shaver with cleaning brush
  - elōs replacement cartridge
  - Facial kit (includes sperate instructions for use and user's eye protection).

Visit [www.memyelos.com](http://www.memyelos.com)

## Important safety information

Please read all warnings and safety information before using the mē 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. Facial hair should **only** be removed using the facial kit that includes separate instructions for use and user's eye protection. Visit [www.memyelos.com](http://www.memyelos.com).
- DO NOT use the mē 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 centre.

- 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 mē system

You should NOT use the mē system if any of the following items apply to you:

- If your skin type is darker than skin type 5 (see page 16).
- 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

**NB:** If you are taking any medication, please consult with your doctor before using mē.

## Possible side effects

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

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

Improper use of the mē 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 and colour changes to your skin. This may appear either at the time of treatment or shortly after.

**NB:** If unusual pain occurs, you should stop treatment. If you encounter any severe 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:** Keep appliance away from water.



## System description

Your mē 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. elōs cartridge        |
| 2. Control panel | 5. Epilator cartridge or |
| 3. Applicator    | 6. Shaver cartridge      |

**NB:** Epilator and Shaver are sold separately.  
Visit [www.memyelos.com](http://www.memyelos.com)

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



### 1. elōs 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 system for operation

The mē system is easy to use and easy to care for.

Your new mē system has the elōs 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.

**NB** The elōs cartridge is not interchangeable with the epilator or shaver cartridges.

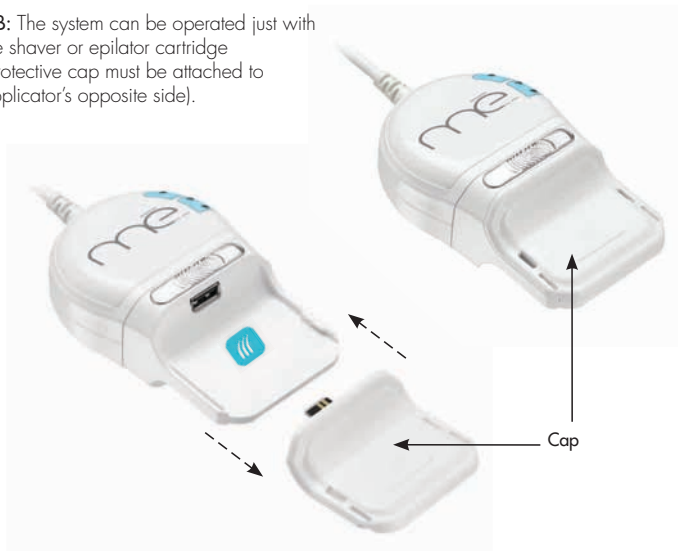
**NB:** Epilator and Shaver are sold separately. Visit [www.memyelos.com](http://www.memyelos.com)



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

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

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



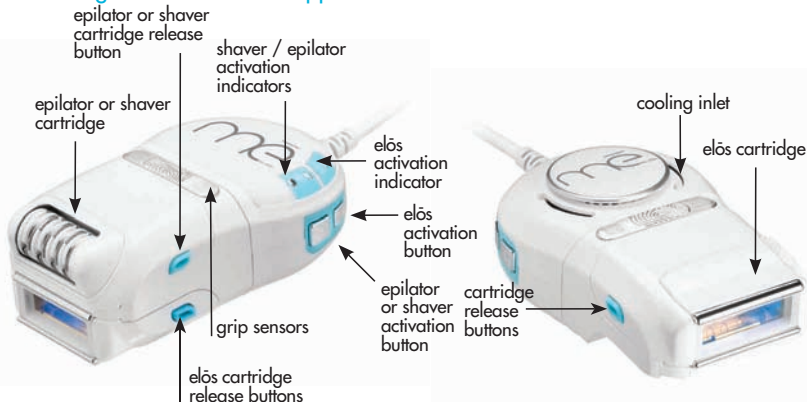
## System preparation

The following illustrations display the base unit's control panel and the applicator, and the following pages will explain how to prepare the system for use.

### Getting familiar with mē's control panel



### Getting familiar with mē's applicator





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.

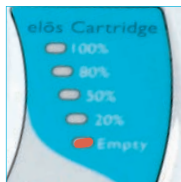
2. Before turning on the system, the applicator must be placed in the cradle. Press the power button to turn the system on; the elös system indicators will flash for several seconds, then the indicator next to the power button will turn green.

Now the system is ready for use.



3. Select the elös level you want to use by pressing the appropriate elös Level button: High, Medium or Low; the active level will illuminate a white indicator light. (Refer to the chart on page 16 of the user guide to set the right elös level for your skin type).

4. The elös 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 elös cartridge is indicated by the lights on the panel, as shown. Once the elös cartridge reaches 5% of its capacity, a red light will start blinking, and at 0%, the red light will remain constant, indicating that the elös cartridge must be replaced and responsibly disposed of. (Please refer to the WEEE explanation on page 27).









## Recommended elös levels

Determine your skin type based on the descriptions below and set your mē system's elös level accordingly.

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

## Treatable Skin Tones\*

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

**NB:** If you have an excessive tan DO NOT use mē.

\*For facial hair removal be sure to refer to the Treatable Facial Skin Tones Table attached to the kit. Visit [www.memyelos.com](http://www.memyelos.com)

## How to operate the mē 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 with either the epilator or shaver accessory (sold separately) simultaneously during treatment with elōs. In this case, there is no need for shaving prior to treatment.

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

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

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





## 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.

1. After you have chosen your desired elos level and activated the elos cartridge:  
Press the epilator/shaver cartridge activation button once to run the epilator mechanism at low speed; the number 1 indicator will light up. If desired, press it again to run the epilator mechanism at high speed; the number 2 indicator will light up.



### NB:

- The shaver cartridge (under foil cover) operates only at speed 1.
- In case you prefer not to use the epilator or shaver, make sure their protective cap is attached to the applicator to allow elos cartridge operation

- 
2. With the thumb and forefinger of your hand, lightly touch the two metal grip sensors, one on each side of the applicator.
  3. Apply the tip of the applicator on your skin so that the two RF delivery bars are in complete contact with the skin.
  4. Once full contact is achieved, you will notice light flashes, indicating that the system is operating. The elōs activation button will automatically turn itself off if no pulses have been emitted for one continuous minute.
  5. Use the system as you would use an epilator/shaver by continuously gliding on the treated area.
  6. Move the applicator slowly and continuously without stopping in one place so that the light flashes will follow each other and cover the entire area. Try not to repetitively go over the same spot for at least 10 seconds.

DO NOT hold the device in one spot.

DO NOT treat the face. Facial hair should only be removed using the facial kit that includes dedicated instructions for use and user's eye protection.

Visit [www.memyelos.com](http://www.memyelos.com)

**NB:** It is essential to watch the instructional DVD before using the system for the first time.

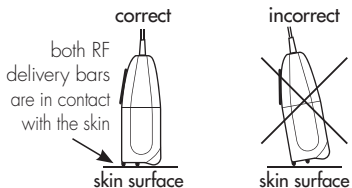
**NB:** It is recommended to use the system in an area with good natural light or in a well lit environment.

**NB:** When using the device on difficult to treat areas (eg. underarm) 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, using the protective cap in place of the elōs cartridge, followed by the application of elōs (while placing the protective cap on the shaver/epilator side). Shaver and epilator attachments sold separately.

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

**NB:** It is not recommended and there is no need, to look directly at the light flashes.

**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 outlet once the system is in use.**



## mē treatment procedure

### choosing your configuration:

HoMedics recommends that you integrate your tried-and-tested hair removing habits with your new mē system:

- If you are used to using a razor - you can shave the treated area before using the elōs cartridge only. Maintain the time of treatment and protocol as illustrated.
- If you are used to using an electric shaver, you can now use the mē system with the elōs and shaver cartridges.
- If you are used to using an epilator, you can now use the mē 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 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 should be used for approximately the amount of time indicated for each body area.



1 minute per  
underarm



2 minutes  
bikini area



3 minutes  
per arm



10 minutes  
per full leg

## Treatable skin types



## When to use mē



### NB:

- Treatment intervals refer to the use of the elōs cartridge only. For maximum safety, it is not recommended to use the elōs cartridge more than once every two weeks.
- Results are based on a completion of the protocol and may vary depending on the individual's treatment area, hair type and skin type.

### When you have finished the treatment

1. Place the applicator in its cradle in the base unit
2. Turn off the mē device by pressing the power button on the base unit. The cooling vents will continue to work

for 4 additional seconds after the elōs is turned off.

3. Gently rinse your skin with lukewarm water and pat dry.
4. Gently apply moisturizing cream or gel aloe vera to your skin ( if epilator was used, it is recommended to apply just aloe vera).

## When you are done

- Unplug the system from the electrical wall outlet.
- Unless elōs cartridge is empty, do not remove it from the applicator. If you remove the elōs cartridge, insert the elōs protective cap in place.
- If applicable, clean the epilator/shaver cartridge with the cleaning brush (supplied). It is recommended to clean also with soft tissue or non-alcoholic wet wipes.
- Wipe off the applicator, and the glass window of the elōs 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.

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

**NB:** Do not use any cleaning agents to clean the mē device and/or its accessories.

## 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. It is recommended to clean also with soft tissue or non-alcoholic wet wipes.
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.



Sold separately. Visit [www.memyelos.com](http://www.memyelos.com)

## How to replace your elōs cartridge

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



3. Take the new elōs 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 mē device. A new elōs cartridge will show 100% on the panel.
5. Turn on the elōs by pressing the elōs button on the side of your applicator. Make sure that the elōs indicator on the applicator is on and is not blinking.
6. Your mē device is ready for use.

**NB:** New elōs cartridges are available at [www.memyelos.com](http://www.memyelos.com)

## Troubleshooting

Here is what you should do if any problems arise with your mē system:

If the mē system will not start:

- 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.
- 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 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 elds energy 9J/cm<sup>2</sup>

- Max Optical 4J/cm<sup>2</sup>
- Conducted RF 5J/cm<sup>2</sup>  
(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 cm<sup>2</sup>/second

### 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

### For UK plug

If the plug on this appliance is damaged, it can be replaced with a BS 1363 plug, fitted with a 3A BS 1362 fuse.

Only use a 3 amp fuse with this appliance. Care must be taken when changing the plug. If in doubt, contact a qualified electrician.



## 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 80% at 37°C
Altitude	up to 3900 m (13,000 ft)

**NB:** The system will not operate above 30°C. If device was stored in high humidity, let it dry for an hour before usage

## Labels and symbols

The nameplate label is adhered to the bottom of your mē 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.



Do not use this product without first consulting the manual.



Class II equipment



CE mark

### WEEE Explanation



This marking indicates that this product should not be disposed with other household wastes throughout the EU. To prevent possible harm to the environment or human health from uncontrolled waste disposal, recycle it responsibly to promote the sustainable reuse of material resources. To return your used device, please use the return and collection systems or contact the retailer where the product was purchased. They can take this product for environmental safe recycling.


## Applicable Standards

### Safety Standards

- EN 60335-1: 2002(A1:2004; A2:2009)
- EN 60335-2-8
- EN 60335-2-23: 2003
- EN 60335-2-27: 2003
- EN 60825-9

### EMC Standards

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



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web: [www.memyelos.com](http://www.memyelos.com)

mē  
my eōs

facial kit

Hello and congratulations on  
obtaining your new mē facial kit!

What is this kit?

This kit allows you to safely remove hair from your face with mē. A booklet containing important information and protective eyewear has been included in order for you to safely use the mē device on your face.

Removing unwanted hair from the face is very different from removing unwanted hair from other parts of the body. Please be sure to read this booklet thoroughly before starting to remove facial hair with mē.

Be sure to read the mē user guide, which includes detailed instructions and precautions, before starting treatment anywhere with the mē device!

## Why is hair removal from your face not like other body areas?

- The hair on the face differs from other body areas in its physiology. Its growing cycles are different, and its characteristics, such as thickness (vellus hair), color and depth of follicle are different from body hair.
- The face is more sensitive to hair removal due to sensitivity of nerves in some of its areas.
- The skin on the face and neck is more likely to be exposed daily to the sun's UV radiation and therefore may be more sensitive than other parts of your body.
- Treating near your eyes can cause temporary discomfort, and therefore it is required to use protective eyewear and treat only from your cheeks and down.

## When you should not use mē on the face

- If your skin type is 4-6 (approved for skin types 1-3 only).



- If your facial skin is sunburned or tanned, wait until the sunburn or tan fades prior to performing a test pulse on a hidden area. Evaluate the area after 3 days to ensure no side effects have occurred and only then commence treatment.
- If you have undergone any professional facial treatment (such as chemical peel, laser/light/radio frequency treatment or injected dermal fillers) within the past 3 months.

- If you have undergone any facial surgery (such as face lift, facial implant) within the last three months or before complete healing, please consult with your doctor.
- If you are taking any medications or have a history of any skin disorders, consult with your doctor before using mē on the face or any other body area.
- Please refer to mē User Guide for general list of exclusion criteria.



## Precautions

- Treat below the Cheeks line only.



- DO NOT use the epilator or shaver accessories when using mē on the face.
- DO NOT sun tan or use sun beds for at least 2 weeks before a treatment.
- 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.
- After treatment avoid exposing the treated area to the sun for at least 24 hours.

- Apply sunscreen of at least SPF 30 on the treated area for 2 weeks following the treatment.
- 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 over moles or birth marks.  
Protect small areas of sensitive skin such as moles, birthmarks etc by using a white eyeliner.  
For larger areas of sensitive skin, use a piece of card or thick paper to cover the affected area and prevent exposure to the elōs treatment.
- Protect lips and the lip margin using a white eyeliner.
- DO NOT treat tattoos or permanent makeup.
- DO NOT treat the scalp.
- DO NOT treat inside the nostrils or ears as these areas are delicate.
- Avoid treating areas that contain only vellus hair

(very thin, fine hair, also called “peach fuzz”), as this may result in undesired hair re-growth.

- In the very unlikely event that you see pigmented changes on your face please stop the treatment and consult with your doctor.
- Do not use perfumed products or make up, for up to 24 hours after a treatment as this may cause slight irritation.
- If unusual pain occurs during treatment, you should stop treatment.
- Temporary skin redness may occur up to 24 hours after treatment. If the symptoms persist more than 24 hours, and/or you feel significant discomfort and/or encounter any severe side effects, discontinue treatment and consult with your doctor.

## How to use

1. The treatment should be performed in a broad ambient light environment.
2. Adjust the eyewear's elastic band so they fit comfortably over your eyes.
3. Conceal the delicate areas such as lip edges and facial moles with a white eyeliner.
4. Turn on your mē device.
5. Select the LOW elōs level on the base unit and press the elōs button on your applicator.
6. Place the protective eyewear so that it covers your eyes.



7. Apply a single evaluation pulse on a hidden area on your face or neck and observe treated area (If you observe any unusual reaction, stop the treatment immediatly).
8. Hold the upper part of your mē applicator without touching the two grip sensors and gently position it over the area you want to treat.
9. To allow elōs flashes on the area you want treat, touch momentarily both grip sensors with the thumb and forefinger of your other hand and release after 1-2 pulses were emitted.

grip sensors



10. Without holding the grip sensors, Reposition the applicator on the next area to be treated and repeat step 8.

\* Always start with LOW elōs level. If you feel comfortable, you may increase the elōs level for enhanced efficacy.

## Tips

- Please take additional care when treating hair above the upper lip because the central area below the nostrils is particularly sensitive.
- Hair growth under the chin can be denser which can lead to light reddening in the skin following a treatment. This redness is temporary and should completely disappear after 24 hours.
- After the treatment we recommend using an oil free moisturizer for the face in order to feel smoothed.

- For men it is not advisable to treat the beard as it might create uneven results, which may produce changes in facial characteristics that may not be desirable.

For more information regarding facial treatment with mēdevice, please visit [www.memyelos.com](http://www.memyelos.com)

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