

Getting Started

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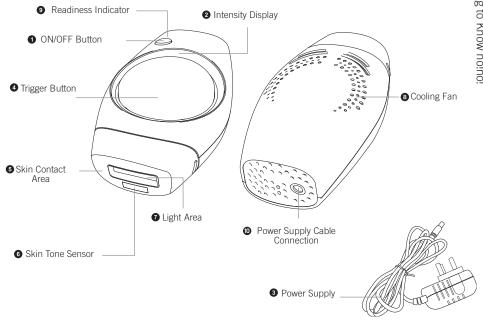
Getting to know no!no![®] IPL

no!no!® IPL is the perfect hair removal device for long lasting results. It is intended for both women and men, and is designed for the long-term treatment of facial and body hair. Suitable for home use on most skin types and hair colours.

Results take time, patience and a strong commitment to the treatment's unique procedures. Each individual has a unique pattern of hair growth and each will experience results at their own pace.

READ this entire **GETTING STARTED** guide completely before using the device to ensure safety and results.

The no!no![®] IPL



Safety Information



IMPORTANT INFORMATION! RETAIN FOR FUTURE USE!

Read this GETTING STARTED guide carefully before using this device, especially the safety instructions, and keep this GETTING STARTED guide for future use. Should you give this device to another person, it is vital that you also pass on this GETTING STARTED guide for use.

Explanation of symbols



This GETTING STARTED guide belongs to this device. It contains important information about starting up and operation. Read this GETTNIG STARTED guide thoroughly. Non-observance of these instructions can result in serious injury or damage to the device.

WARNING



- These warning notes must be observed to prevent any injury to the user and damage to the device.
- LOT LOT number







Protect against moisture! Keep the device dry.



Warning - Optical radiation Do not look into the light source!



Only for indoor use!



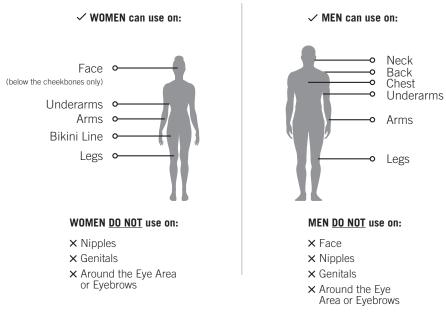
Protection category II



WARNING

Possible eye injury (potentially leading to loss of vision) or skin injury can occur if instructions are not followed. Read and follow the instructions. Protect the eye from exposure. Do not use the appliance over the eye lids or close to the eye.

Where to Use no!no!® IPL



Safety Warnings When using this product

- > Never use the device if you have skin type V or VI refer to the light intensities table on the box or on page 39 for more details.
- > Never use this device on white or grey hairs.
- > Never use the device after sunbathing or artificial tanning such as sunbeds, in order to avoid damage to the skin. Leave at least 4 weeks between skin tanning and use of the device. If artificial tanning lotion has been used, wait until the artificial tan has completely disappeared before using the device.
- > Never use the device while pregnant or while breastfeeding.
- > Never use the device if you suffer from the following diseases or problems:
 - Eczema, psoriasis, lesions or open wounds
 - Infections, scars, abrasions or skin burns
 - Sunburn, redness or blistering
 - Diabetes or other metabolic diseases
 - Skin cancer, potential malignoma, epilepsy, collagen disorders, Herpes or blood clotting disorders Immunodeficiency (e.g. HIV/Aids)

- > Never use this device on skin wounds that have not completely healed.
- > Never use this device within three months of a chemotherapy or radiation treatment.
- > Never use if you have photosensitivity or any other light sensitivity (i.e; Polymorphic Light Dermatosis, Light Urticaria, Lupus, etc).
- > Never use the device if you are taking one or more medications which make the skin sensitive to light, including non-steroidal anti-inflammatory drugs (e.g. aspirin, ibuprofen, paracetamol), Tetracycline, Phenothiazine, thiazide diuretics, sulphonylureas, sulphonamides, DTIC, fluorouracil, vinblastine, Griseofulvin, alpha hydroxy acids (AHAs), beta hydroxy acids (BHAs), Retin-A[®], Accutane[®] and/or topical retinoids.
- > Never use the device:
 - if your skin is currently or has in the past been treated with alpha-hydroxy acids (AHAs), beta-hydroxy acids (BHAs), locally applied isotretinoin and azelaic acid.
 - if you have been treated within the last 6 months with Accutane®.
 - if in the last 3 months you have had a steroidal course of treatment.
 - if in the last 8 weeks you have undergone skin peeling or other skin smoothing methods.
 - in case of active implants such as a heart pacemaker, neurostimulator, a device for incontinence, an insulin pump etc.
- > Never look directly into the light source!
- > Never use the device close to wet environment such as bath tubs, showers, washbasins

- etc risk of electric shock!
- > Never use the device on the following parts of the body:
 - close to the eyes or the eyebrows.
 - on nipples, areola, inside the labia, vagina, anus, on mucous membranes and in the nose or ears.
 - for men on the face or on the scrotum.
 - over piercings or other metal objects, such as earrings or jewellery.
 - on tattoos, make-up, warts, paint, freckles, dark areas of the skin, birthmarks etc.
 - on damaged or cracked areas of skin, or on areas, that could be damaged.
 - on parts of the body on which you may later wish to have hair.
- > Never use spare parts or attachments that are not recommended by the manufacturer.
- > Never operate the device with any power supply other than the original one provided with this unit.
- > Never try to emit a pulse of light into the air. The skin contact area I must always be



If you are unsure if the application of the device is appropriate contact your doctor. The points listed in these operating instructions are in no way intended to represent a comprehensive list! in full contact with the skin surface.

- > Never use the device for repeated and prolonged application on the same area.
- > Never use the device if it emits smoke or the fan doesn't work.
- > Never use flammable liquids (e.g. perfumes, disinfection agents or alcoholic substances) or acetone for skin cleaning before the application of this device.

Cautions

- > Only use this device for its intended purpose as described in this Getting Started guide.
- > Never alter or dismantle the device.
- > Never reach for the device if it has fallen into water. Immediately disconnect the mains power supply from the device and contact customer service, please see page 32.
- > Never leave the device unattended when it's connected to the mains power supply.
- > After using this device do not tan for a minimum of two weeks for more than 15 minutes. Use a broad-spectrum SPF of 30 or higher.
- > Do not use this device without first contacting with you doctor if you have any health questions concerning your suitability for IPL as a method of hair removal for you.
- > Do not push anything into the device.

- > Do not use the device if you find wear, damage or signs of improper use.
- > To prolong the life of the device , do not block the cooling fan vents.
- > For some people treatment with this device may cause the opposite effect (stronger hair growth). Consult your doctor.
- > This device is only suitable for persons over 18 years of age.
- > Keep the device away from moisture and liquids!
- > If a fault occurs, do not attempt to repair the unit yourself. Repairs must only be carried out by an authorised specialist dealer or other suitably qualified personnel.
 Please refer to the Troubleshooting section on page 31 or contact no!no! Customer Support for troubleshooting tips and support.
- > The appliance is not to be used by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction.
- > Children must be supervised to ensure that they do not play with the appliance.
- > Keep the device out of the reach of children.
- > The device and power supply are intended for personal use only and not commercial use.
- > If you find redness, blistering or burns on the skin, stop use immediately!

What to Expect

If this device is used as intended then side effects and complications are very rare. Nevertheless any cosmetic application involves a certain risk potential. It is therefore important that you are familiar with the possible dangers in conjunction with the hair removal by IPL technology (IPL = intense pulsed light) for home use:

- > It is possible that the skin is slightly reddened after treatment, a higher amount of skin sensitivity occurs or that you experience a general sense of discomfort. These reactions are mostly harmless and quickly ease. However, if these reactions are still present after 24 hours. Stop using this device and contact your doctor.
- > After treatment skin reactions may occur similar to sunburn or scarring or pigmentation changes may also occur. Swellings or a strong degree of redness may also occur. These symptoms should subside within 2 to 7 days. Stop using this device and contact your doctor to rule out further complications.
- > In extremely rare cases infections or bruises / contusions may occur. In such cases stop using this device and contact your doctor immediately.
- > The use of the device can in very rare cases lead to blue or pink coloured haematomas which can last 5 to 10 days. When the haematomas fade, this can lead to a rusty brown discolouration of the skin (hyperpigmentation) which may be permanent.

- Increasing the light intensity (can be set in levels 1 to 7) on the one hand means improving the effectiveness of the application, but on the other it means a higher risk likelihood for the occurrence of side effects. Therefore always start an application with the lowest level (level 1). Only if after several applications over a number of days you observe no side effects, you should successively increase the light intensity (depending on your skin type and hair colour up to the values given in the light intensities table - please see page 39).
- If you are using this device in combination with another shaving method then itching or dry skin may occur. These symptoms are generally harmless and disappear after a few hours.
- > Strongly felt pain may occur during or after treatment in the following instances:
 - if the light intensity is too strong for your skin tone;
 - if you apply the device to unshaven skin;
 - if the same skin area was treated several times with light pulses;
 - if you use the device on open wounds, infections, tattoos, burns etc.

A Quick Introduction to no!no!® IPL

With the no!no![®] IPL hair removal system you have purchased a quality product from no!no!. It is designed for the removal of unwanted body hair and reduction of hair regrowth in women and men. This device is suitable for use on the legs, armpits, bikini area, breast (not for use on the nipple area), stomach, back and face below the upper lip (face only for women). To achieve optimum results and enjoy a long period of use we recommend that you carefully read the following instructions.

Please check that all contents are included and that the device is not damaged in any way. In case of doubt, do not use the appliance and contact the retailer or Customer Support for further advice.

Please ensure that the polythene packing is kept away from the reach of children! Risk of suffocation!

Fuctionality

IPL (Intense Pulsed Light) sends light pulses to the skin which are absorbed by the hair follicle. This leads to a selective heating of the hair shaft, stimulating the hair follicle to go into a rest phase. Through IPL treatment, existing hair is shed and the subsequent growth of hair is reduced. The growth cycle of hair consists of different phases typically lasting from

18 to 24 months. For optimum results, you should use the IPL during the growth phase. As not all hair on the human body is in a growth phase at the same time, use of the device is needed over a long period of time.

Skin contact sensor: For your protection the device has a built-in skin contact sensor in the skin contact area **G**. The sensor then only allows the emission of a light pulse when the device is in full contact with the skin and light pulse emissions into the air are prevented.

UV Filter: The device has a built-in UV filter (integrated into the light area **•**), by which harmful UV rays are blocked.

Skin tone sensor: The device has a skin tone sensor **O**, which is integrated in the cartridge. The sensor measures skin tone before and during application. If the skin tone within treated area is too dark, light pulses are prevented.

Light Intensities

The device has light intensity levels from 1 to 7. When using for the first time, you should begin with Level 1 and then check whether use runs without complications (see Operating section). After this, you can slowly increase the intensity to higher levels depending on your skin type and hair colour), if required. See page 39 for a guide to which light intensities are best suited to your hair and skin colour or whether IPL hair removal is suitable for you at all (if it is not, this is shown by an 'X" on the table).

How to use no!no!® IPL

READ this entire **GETTING STARTED** guide before using the no!no![®] IPL to ensure safety and results.



To prepare your skin for treatment with this device, please shave the areas of skin before using the no!no![®] IPL, as the areas to be treated must be hair free. Plug the end of the power supply cable into the device. Plug the power supply plug into a socket. Press the ON/ OFF button to start intensity level 1.



The readiness indicator flashes white. The nolno!® IPL is ready to use when the readiness indicator illuminates white permanently.

6 6



Put the skin contact sensor over skin. The sensor only allows the emission of a light pulse when the device is in full contact with the skin. Press the trigger button to trigger a light pulse at intensity level 1. Repeat for further areas of skin.

Get Started



Operating

Preparation

The no!no![®] IPL is only suitable for skin types I to IV. Skin type V and VI (darker skin tones) are not suitable for treatment with this device. Before starting the application, the following points must be observed:

- 1. Observe all safety instructions and the possible side effects, which are described in this guide.
- 2. Using the light intensity table on page 39 (you will find it on the rear side of these operating instructions) which intensity level is suitable for you (depending on skin type and hair colour). An "X" means that the device is not suitable for you.
- The areas of skin which should be treated with the device should be as free of hair on the skin surface as possible. You can shave the areas or shorten the hairs situated there. But do not use a hair removal cream.
- 4. The areas to be treated must be hairfree, completely dry and free from oily or creamy substances, powder, make-up or deodorant etc.
- 5. Before the very first use of the no!no!® IPL a skin test must be carried out (see next section).

Skin Test

The skin test serves to check tolerance and for a better estimation as to how your skin will react to the treatment. Perform this at least 48 hours before the first application on the area of skin to be treated. Proceed as follows:

- 1. Plug the end of the power supply cable into the device and plug the power supply into a socket. The readiness indicator flashes white.
- Press the ON/OFF button U ●. The intensity display begins to light up at Level 1, the readiness indicator is flashing white and the cooling fan switches itself on. The device is now ready for positioning on the skin.
- 3. Place the light area onto the skin and wait for the readiness indicator to illuminate white permanently. (LED flashing red? See *Troubleshooting* section.)
- 4. Press the trigger button I to trigger a light pulse at intensity level 1. The skin contact area I must lie fully on the skin (in case of adequate skin contact the readiness indicator I starts to illuminate white permanently), so that a light pulse can be emitted by the device. When the pulse is emitted, you will see a bright red flash and may hear a clicking sound.
- 5. Now place the device on another area of the skin while it charges for the next light pulse.
- 6. Emit a new light pulse on the other skin area.
- 7. Repeat this procedure for further areas of skin, for which a treatment is planned.

- 8. End the skin tolerance test and switch off the device by pressing and holding the ON/ OFF button **U 0**. Wait at least 48 hours. Check the skin areas that have been treated. If they appear normal (no reactions or only slight redness), the areas of skin tested can be treated. However if the areas of skin display strong, painful or other unusual reactions, you may not carry out any treatment on the corresponding skin areas. In this case contact your doctor.
- Perform the skin tolerance test again if you intend to increase the intensity (then test with the new planned intensity) or if you wish to treat new skin areas.



If pain, swelling or other unusual reactions occur during the skin test, immediately stop the test and do not carry on using the device. Contact your doctor.

Application plan

To achieve optimum results with your no!no!® IPL, several applications should be carried out at certain intervals and repeated over a longer time scale of at least 18 to 24 months. Body applications and facial applications are different. (facial applications only for women below the cheekbones).

For body applications:

- > The first 3 to 4 hair removal applications should each be 2 weeks apart.
- The 5th to 7th hair removal applications should each be 4 weeks apart.
 From the 8th application an application should take place from time to time (about every <u>b</u>) 4 to 8 weeks) until long-term results have been achieved.

For facial applications:

- > The first 6 hair removal applications should each be 2 weeks apart.
- > The 7th to 12^{th} hair removal applications should each be 4 weeks apart.
- > From the 13^{th} application an application should take place from time to time (about every 4 to 8 weeks) until long-term results have been achieved.

This application plan is our recommendation for the best possible results. Depending on your skin type, hair colour, application area and other biological factors for various people, this may result in different treatment results.

How to no!no!® IPL

Make sure that the skin areas to be treated are shaved, dry, clean and free of creams, deodorants etc. Proceed as follows:

- 1. Plug the end of the power supply cable into the device and plug the power supply into a socket. The readiness indicator flashes white.
- 2. Press the ON/OFF button **Ů ●**. The intensity display **②** begins to light up at Level 1, the readiness indicator **●** is flashing white and the device fan switches itself on. The device is now ready for positioning on the skin.
- 3. There are two ways for choosing the intensity:

 - b. or: Place the skin contact area
 on the skin directly. By taking use of the build-in skin tone sensor, the device can automatically choose the safest intensity level. The readiness indicator
 illuminates white permanently and the level (1 7) is shown by the LED above the trigger button. If readiness indicator
 flashes red, skin tone of treated area is too dark. Choose another area, if possible.



- 4. Place the light area o onto the skin and press the trigger button o to trigger a light pulse. The skin contact area o must lie fully on the skin (the readiness indicator o starts to illuminates white permanently), so that a light pulse can be emitted by the device. When the pulse is emitted, you will see a bright red flash and may hear a clicking sound.
- 5. Now place the device on another area of the skin while it charges for the next light pulse.
- 6. Then emit a new light pulse on the other skin area.
- 7. Repeat this procedure for other planned skin areas.
- 8. Switch the device off by pressing and holding the ON/OFF button 𝙂 𝔅 for about 3 seconds. Readiness indicator 𝔅 will flash white and cooling fan will stop immediately.



Never emit several light pulses in succession onto the same area of skin! If pain, swelling or other unusual reactions occur during the application, immediately stop the test and do not carry on using the device. Contact your doctor. While transferring the device to other skin areas you can proceed in two different ways:

Method 1: "Gliding and flashing"

Keep the trigger button • pressed down. The device emits a light pulse as long as the skin contact area • is in full contact with the skin. After each light pulse slide the device to the next area. Keep the light area • pressed onto the skin. This mode is especially suited to treating larger areas, such as the legs, for example. While pressing the trigger button the light readiness indicator will not be lit.

Method 2: "Stopping and flashing"

Release the trigger button • after each light pulse. For the next light pulse position the device on the area directly next to the area that has just been treated. Make sure that the light area • and the skin contact area • lie fully on the skin. This mode guarantees precise treatment for example the knees or ankles.





If a cooling fan fault should occur during the application, immediately stop use of the device, otherwise skin injuries may be caused by the high heat. Contact the customer service.

After switching the device off take the power supply out of the socket and disconnect the power supply from the device. Then clean the device in accordance with section "Cleaning, care and storage" in this Getting Started guide.



NOTE

The device will be switched off automatically after approx. 3 minutes. To continue the application, press the ON-/OFF-button \bigcirc **()** and select the desired intensity.

Instructions for use on face

This device may not be used on men's faces and in women should only be used below the cheekbones. Do not use the device on the mucous membranes in the ear and nose region. As the facial skin is very sensitive, we recommend only use Level 2 as a maximum intensity here. When applying to the upper lip, cheek, jaw, chin or neck use the utmost care. Purse your lips inwards during the application to tauten the treatment area. If necessary you could apply white eyeliner pencil to the lips and lip edges - this will ensure that the energy of the flash is reflected and does not reach your lips if you accidentally aim a pulse at the lips.

What to Expect After Using the no!no!® IPL

After the treatment the skin could possibly be slightly red, tingle or feel warm. This is however completely harmless and should abate in a short time. Nevertheless you can still take simple steps to relax your skin after the application of the no!no![®] IPL and to accelerate the regeneration.

Apply a soothing or moisturising and non-perfumed lotion, e.g. aloe vera, to the treated areas. You can also cool down the area by applying a wet wash cloth or an icepack for a few minutes. However, avoid the application of peels, bleaching creams, deodorants etc for at least 48 hours after the treatment. Direct sunlight and artificial tanning should be avoided for at least 48 hours. Use a broad-spectrum SPF of 30 or higher if the skin will be exposed to direct sunlight within the following 2 weeks. Avoid removing hair from the treated areas with wax or by plucking.

Taking Care of Your no!no!® IPL

Cleaning, care and storage

The device must be cleaned after each use. Do not use aggressive cleaning agents or strong brushes so the surface does not get damaged. Never immerse the device or parts in water and never rinse them under running water. To clean properly proceed as follows:

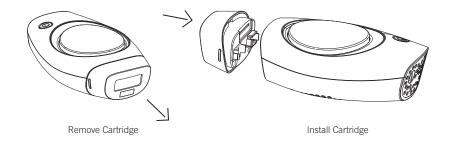
- > Make sure the device has been disconnected from the mains power supply.
- > Clean the housing with a clean, lint-free and dry cloth.
- > Moisten a soft, lint-free cloth with a few drops of water and clean the skin contact area ③ and the light area ④ thoroughly.
- > Store the device in a dry and dust-free location, ideally in the original packaging according to the storage conditions in the *Specifications* section.

Replacing the cartridge

One cartridge is included with a lifetime of up to 150,000 light pulses. In case of normal use in accordance with these instructions one cartridge is enough for an individual user for several years of use. If spots are visible on the cartridge, no or hardly any light emissions take place or the lens is broken, the cartridge should be replaced. Switch the device off and take the power supply plug out of the socket. Pull out the old cartridge

and insert the new one.

For replacement cartridges please contact Customer Support quoting the item code and LOT number. See page 32 for more information. They will give you up-to-date prices.



Troubleshooting

If the no!no!® IPL cannot be switched on:

> Make sure that the end of the power supply cable is connected to the device and the power supply plug is plugged into a socket. Press the ON/OFF button 也の.

If the no!no!® IPL will not emit a light pulse when actuating the trigger button **O**:

> The readiness indicator ③ should light up in white permanently before the trigger button ④ is pressed. This only happens if the skin contact with the light area or skin contact area ④ is sufficient. If readiness indicator ④ flashes red, skin tone of treated area is too dark. Choose another area, if possible.

If there is sufficient skin contact and skin type is I to IV but still the readiness indicator does not illuminate white and it is not possible to trigger the light pulse:

> If the readiness indicator • flashes or is lit in another colour, possibly there may be a system fault. Switch the device off and disconnect it from the power supply. After about 1 minute restore the power supply and switch the device back on. If it still does not work contact Customer Support.

If the device is not working properly **contact Customer Support** for more troubleshooting tips or go to **www.HowToNoNo.com**.

The no!no! warranty is only valid if no!no![®] IPL has been used according to the instructions in this guide. Retain all receipts and original packaging.

Customer Support

US & Canada Customer Support: 888.525.7580 European Customer Support: +44 (0) 344 482 5089 For additional no!no! products make sure to visit:

US & Canada: www.officialnono.com United Kingdom: www.officialnono.co.uk

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Disposal

This product must not be disposed together with the domestic waste. All users are obliged to hand in all electrical or electronic devices, regardless of whether or not they contain toxic substances, at a municipal or commercial collection point so that they can be disposed of in an environmentally acceptable manner. Consult your local authority or your dealer for information about disposal.

The packaging can be reused or recycled. Please dispose properly of any packaging material no longer required. If you notice any transport damage during unpacking, please contact your supplier without delay.



Manufacturer



MPL Home Ltd., IMEX, 575 - 599 Maxted Road, Hemel Hempstead, Hertfordshire, HP2 7DX, United Kingdom

EC Representative



MPL Home Ltd., IMEX, 575 - 599 Maxted Road, Hemel Hempstead, Hertfordshire, HP2 7DX, United Kingdom



In accordance with our policy of continual product improvement, we reserve the right for technical and design changes without notice.

Warranty

Limited Warranty

This Limited Warranty covers the no!no! product. The warranty provides for the repair or replacement of the device or its component parts, free of charge, within the warranty period.

Note: Certain items, such as the cartridge, are excluded from the coverage of this warranty, as they are spare parts/consumables and subject to wear and tear.

The warranty period is valid for one (1) year. In certain circumstances, an extended warranty may be available)

from the date of the original purchase of the device. When making a warranty claim, you must provide the following information: product serial number, date of purchase. guarantor's name, address and phone number, together with the original sales receipt or invoice to verify the date of purchase. Any alteration or amendment of the purchase documents. including the sales receipt or invoice, or failure to present the purchase documents at the time a warranty claim is made, will invalidate this warranty.

This warranty does not cover damage or deterioration:

- Incurred or reported more than one (1) year or more when an extended warranty is purchased) after the date of purchase;
- 2. Incurred due to improper use of the device;
- Due to the modification or repair of the device by an unauthorised third party;
- 4. Due to damage or defects incurred during transportation

- or improper handling which were not reported at the time the product was received;
- 5. Due to humidity or any liquid or foreign body placed inside the device;
- Due to the use of unapproved accessories or attachments with the device;
- Due to use contradictory to the procedures shown in the device's user manual;
- 8. Due to Acts of God, natural events (floods, fire, lightning, etc.), force majeure or accidental or deliberate damage; or

- 9. Due to the device
 - being subjected to high dust environments or excessive humidity or temperatures.

This Limited Warranty specifically disclaims and excludes all other warranties. whether express or implied in law. including the warranties of merchantability and fitness for a particular purpose. Manufacturer shall not be liable for any incidental or consequential damages that result from the use of this device. This warranty does not extend to any purchases made from

anyone other than an authorized dealer in the no!no! device.

This Limited Warranty gives specific rights to purchasers of the no!no! Device; purchasers may have other rights that vary from country to country.

Technical Specifications

levels

Flash duration

6400 - 7600 µsec

Name and model

no!no!® IPL

Power supply

100-240V~ 50/60Hz 1A

Adaptor

SW24C-12002000-BS

Technology

IPL (Intense Pulsed Light for home use)

Max. Energy level

max. 5 joules/cm2

Light area

2,7 cm2

Wavelength

470 - 1200 nm

Selectable intensity

Weight approx. 211 g

Item code

NON0023

EAN number

5020260124075

Operating conditions +10°C to +35°C; rel. humidity: 3 % to 75 %; Pressure: 700 to 1060 hPa

Storage conditions

-35°C to +70°C; rel. humidity: 10 % to 90 %; Pressure: 500 to 1060 hPa

Dimensions

approx. 13.8x8x4.5 cm

36

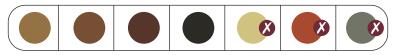
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Light Intensities Table

Always start with level 1 and build up to the higher intensity levels once you have performed the skin tolerance test (see page 21).

\checkmark	\checkmark	\checkmark	\checkmark	X	X
Type I Light, pale white. Always burns, never tans	Type II White, fair. Usually burns, tans with difficulty	Type III Medium, white to olive. Sometimes mild burn, gradually tans to olive	Type IV Olive, moderate brown. Rarely burns, tans with ease to a moderate brown	Type V Brown, dark brown. Very rarely burns, tans very easily	Type VI Black very dark brown to black. Never burns, tans very easily, deeply pigmented
Suggested intensity level 6 - 7	Suggested intensity level 4 - 5	Suggested intensity level 3 - 4	Suggested intensity level 1 - 2		

Suitable body hair colors





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