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What is Sensilight

Sensilight is a personal use device intended for the removal of unwanted hair.

Sensilight features Sensica proprietary RPL™ (Reactive Pulsed Light) technology.

RPL™ (Reactive Pulsed Light) - how does it work?

Sensilight is based on the scientific principle of selective photothermolysis.

The RPL™ (Reactive Pulsed Light) advanced technology uses clinically-proven IPL (Intense Pulsed Light) technology, together with a combination of unique skin condition sensors. The pulsed light is transferred through the skin's surface and is absorbed by the melanin present in the hair shaft. The absorbed light energy is converted to heat energy (below the surface of the skin), which disables the hair follicle preventing further growth.

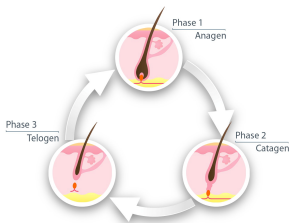
Long-term hair reduction: hair growth cycle

Permanent hair reduction is also defined as long-term reduction, i.e. a reduction in the number of re-growing hairs, measured at 6, 9 and 12

months after the completion of the treatment protocol.

Three factors play an important role in optimal long-term hair reduction:

- **Hair growth cycle:** Hair grows in three phases: Anagen, Catagen, and Telogen. Anagen is the growth phase, while catagen and telogen are the resting phases. Permanent hair reduction can only occur during the anagen phase. The duration of a complete hair growth cycle generally lasts between 18 and 24 months, varying from person to person and according to the different areas of the body. At any given time, the majority of the hair follicles on an area of skin are in the resting phase. Please note that at least one complete hair growth cycle is required in order to achieve long-lasting hair reduction.



- **Skin tone:** Darker skin contains more melanin, which competes with the targeted hair for light energy absorption. This is why Sensilight is not suitable for use on very dark skin (See diagram below of the Fitzpatrick scale of skin tones).
- **Hair colour:** Sensilight works best on dark hair, or hair that contains more melanin. Brown and light brown hair will respond, but will typically require more treatment sessions. Red hair may show some response. White, grey or blond hair shows a more limited response. Nevertheless, some users have noted hair reduction after multiple treatment sessions*.

Skin tone:



Hair colour:



Please make sure to carefully read this user guide before you start treating with Sensilight. The user guide, as well as an instructional video, can also be found at www.sensica.com

Intended Use

Note: Sensilight is especially designed for your own personal treatment. It is intended for a single user only.

- Sensilight is an over-the-counter device intended for the reduction of unwanted hair in women and men over the age of 18.
- The device is intended for use on legs, arms, underarms, bikini line, back, shoulders, chest and stomach. It may also be used to treat permitted facial areas – see the section about **Facial treatments** in the **Recommended treatment protocol** below (p. 18). Never use Sensilight around or near your eyes!

- The device is not intended for removing hair on intimate areas like the anus, genitals or nipples. Use it only in accordance with these Instructions for Use.
- The device is intended for home use only.
- The device is intended for use on skin tone types I to V according to the Fitzpatrick scale. Do not use on dark skin such as type VI.



KEEP OUT OF REACH OF CHILDREN.

Note: Hair removal by lasers or intense pulsed light sources can cause increased hair growth in some individuals. Based upon currently available data, the highest risk groups for this response are females of Mediterranean, Middle Eastern and South Asian heritage treated on the face and neck.

Sensilight device description

The Sensilight kit includes the following main components:

- Sensilight handheld device
- External power supply


Device description

- 1 ON/OFF button and energy level selection button
- 2 Trigger button
- 3 Status indicator
- 4 1-3 energy level lights
- 5 Skin tone and contact sensor
- 6 Power supply socket
- 7 Treatment window
- 8 Lamp



User interface description

The user interface and control capabilities of Sensilight include the following features:

- 1. ON/OFF and energy selection button**
 - Single button used for device activation, deactivation, and energy selection.
 - Pressing the button (after the device is connected to the power supply) will turn on the device at energy level 1. Each press of the button will change the energy level, from lower to higher, for a total of 3 different energy levels.
 - The device will switch to standby mode when left unattended, or if the ON/OFF button is pressed for 3 seconds.
- 2. Trigger button** (flash pulse activation) marked as a  on the left side of the device. If the treatment window is in full contact with the skin and the skin tone is in within the allowed range, the trigger button will activate the flash lamp. Pressing the button once will trigger a single flash; pressing and holding the

button down will trigger continuous flashes, as long as the button is pressed.

Indicator	Mode	Status
No light	OFF	Device not working (not connected to the power supply).
Blinking green light	Standby	Device is in standby mode (before powering on, or when left unattended for 3 minutes).
1-3 green energy level lights	Energy level 1-3	The three energy levels are indicated by three green LED lights.
Steady green light	ON	Device is ready.
Orange flash of light	Flash blocked	The device will not trigger a flash, due to a lack of full skin contact.
Red flash of light	Flash blocked	The device will not trigger a flash, due to non-allowed skin tone (high Fitzpatrick level as described in the Long-term hair reduction – hair growth cycle section above).
Blinking orange light	Lamp close to end of life	Indicates that the lamp life is almost at an end.
Steady red light	End of life/ blocked	The device is permanently blocked, the lamp has reached the end of its life time, or an internal malfunction has occurred.

What to expect when using Sensilight

During your hair removal treatment, you may experience:

- A 'pop' noise with each flash,
- A sensation of warmth radiating from the light energy after each flash.
- A mild stinging sensation, similar to being snapped with a rubber band.
- Some mild red or pink colour appearing during and just after the treatment.

When should Sensilight not be used

Sensilight is designed to deliver both safe and effective treatment on normal, healthy and intact skin. However, the device is not suitable for use by everyone. Please carefully read the information below before you begin a treatment with Sensilight. If you still have any doubts, and you are unsure that the Sensilight is safe for your use, please consult with your personal physician.

CONTRAINDICATIONS

Do not use Sensilight if any of the following apply:

- you are under the age of 18 – the use of Sensilight on or by children has not been tested and could result in serious injury.
- you are pregnant, have a slight chance of being pregnant or are nursing – the use of Sensilight in such cases has not been tested and may result in stimulation of pigmentation.
- you have skin cancer or you have received radiation therapy or chemotherapy within the past 3 months – the use of Sensilight in such cases has not been tested. Radiation and chemotherapy may compromise the immune system which can lead to serious injury.
- you suffer from epilepsy – it could trigger a seizure.
- you have a history of herpes or psoriasis outbreak in the treatment area – it can result in serious side effects.
- you suffer from keloid scar formation (the growth of extra scar tissue where the skin has healed after an injury) – the use of the device has not

been tested and may result in serious skin complications.

- you have been taking Tetracycline antibiotics and/or medication with the following active ingredients within the last two weeks: Retinoid acid, Retina-A, Vitamin A such as Accutane – these are considered to be photo-sensitizing drugs and use of Sensilight may result in serious skin injury.
- you are photosensitive or have other diseases related to light sensitivity- this may lead to serious injury.
- you suffer from severe or decompensated metabolic conditions, such as diabetes – in the case of an adverse effect, there may be a greater risk of delayed healing and infection.
- you have had a skin peel or other skin resurfacing procedure within the last 8 weeks – it may result in stimulation of pigmentation.

Additionally, do not use Sensilight:

- on areas at risk of malignancy.
- on damaged or broken skin.
- on the face areas above the cheek line or around eyes,

eyebrows and eyelashes – this could cause serious eye damage.

Note: If you have undergone any other aesthetic procedure or have any uncertainty regarding potential side effects, consult your physician before using Sensilight.

WARNINGS

Do not use the Sensilight:

- on naturally dark skin (see the Fitzpatrick scale on the Intended Use section above).
- if you have dark brown or black spots such as freckles, birth marks, moles or blisters on the Treatment area.
- on mucous membranes such as nostrils, lips of the mouth, eyelids, ears, genital area, the anus or around the nipples – it may lead to serious injury.
- over piercings or any metal items, such as earrings or jewellery – it may cause burns.
- over areas with tattoos or permanent make up.
- on tanned skin or after sun exposure – this can cause serious burns or skin injury.

Additionally:

- avoid more than 15 minutes of sun exposure for 4 weeks before your treatment and for at least 2 weeks post treatment. If during this period your treated skin area is exposed to sunlight, make sure to apply SPF 30 or higher sunscreens.
- never look directly at the light coming from the Sensilight applicator and lamp – it may cause eye injury.
- never use flammable liquids such as alcohol (including perfumes, sanitizers, or other applications containing alcohol) or acetone to clean the skin one hour before using Sensilight – it may cause burning of the skin.
- do not treat the same area of skin more than once per treatment – it may cause skin irritation.

CAUTIONS

- Before using Sensilight, make sure the device is clean, dry and intact. Cleaning instructions are detailed in the **Cleaning** section below.
- Do not use this appliance near bathtubs, showers or other vessels containing water –

doing so may lead to electrocution risk.

- Do not open or repair the device – doing so may expose you to dangerous electrical components which may cause serious bodily damage.
- Do not leave the device unattended while plugged into the electricity – doing so may lead to electrocution risk.
- Do not use the device if any part of the device or its accessories are not working properly, appear damaged, broken, loose, wet or missing (as UV and IR are emitted from this device), or if you see or smell smoke.
- Do not share the device at any time – doing so creates the possibility of transmitting diseases between users.
- The device is not intended for use by persons with reduced physical, sensory or mental capabilities.



Use Sensilight only with the external power and accessories supplied specifically for use with the device. For your safety, never use DC adapters which are not approved by the manufacturer.

Use the Sensilight device only according to these Instruction for Use.

Possible side effects

When using Sensilight device according to these Instructions for Use, adverse reactions are rare. However, every aesthetic procedure, including the use of home-use devices, may cause some degree of side effects (as listed in the table). These tend to be rare and temporary, resolving spontaneously within a few hours or days.

In the event that you experience an adverse reaction, stop using the Sensilight device immediately.

Please consult your physician if necessary.

Degree of Side Effect	Side Effect
Minor	Skin irritation Redness Skin sensitivity
Rare	Burns Scarring Pigment changes Excessive redness and swelling
Extremely rare	Infection Bruising

Safety features

Sensilight features an automatic built-in skin tone sensor that is designed to provide complete safety and reassurance. The sensor constantly evaluates skin tone and allows Sensilight to perform only on suitable areas. This smart safety feature also automatically disables the treatment if the skin is too dark or too tanned.

As an extra precaution, the applicator tip has been designed to only emit flashes when it is in full contact with the skin.

User Instructions

Sensilight is intended for use on legs, arms, underarms, bikini line, back, shoulders, chest, and on permitted areas of the face – see the section about **Facial treatments** in the Recommended treatment protocol below.

Device set-up

1. Remove all components (the handheld device and power supply) from the box.
2. Before beginning the treatment, make sure the device is clean, dry and intact.
3. Plug the power supply end into an electrical outlet and the cord end into the device socket (see item 6 of the above **Device description** image).

Your Sensilight is now ready for use.

Preparing yourself

1. Remove all jewellery from treatment area.
2. Before beginning a treatment, make sure your skin is shaved, clean, dry and free of any residues of powders, creams, makeup, antiperspirants or deodorants.
3. Between treatments, you can shave but don't wax or pluck hair.
4. Never use flammable liquids such as alcohol (including perfumes, sanitizers or other applications containing alcohol) or acetone to clean the skin in the hour before using Sensilight, as it may cause burning of the skin.
5. 48 hours before the first use of Sensilight, perform a preliminary test on a small patch of skin (preferably in the intended treatment area), to determine energy level settings for your treatment (see the **Preliminary test** section below for details).

Remember:

- Sensilight comes with a built-in skin -tone sensor, enabling the application only on a range of suitable skin tones. This unique safety feature will not let you treat areas where your skin is too dark or too tanned, even if your general skin type is lighter.
- Do not use Sensilight on the face above the cheek line: around eyes, eyebrows, or eyelashes as this could cause serious eye damage.
- Sensilight is suitable for men. However, male body hair, will require more hair reduction sessions.

Preliminary Test

The preliminary test is intended to determine your skin's reaction to treatment with the Sensilight, and to help you set the optimal energy level for each treatment area.

Perform a preliminary test on each area you intend to treat 48 hours prior to the full treatment.

Note: Do not treat full areas with energy levels that you have not tested before!

Do not treat the tested area for at least 48 hours after the preliminary test has been carried out.

1. Select the lowest energy level (level 1) on the device, hold it on the skin area selected for the preliminary test and press the trigger button to activate the flash.
2. If you feel comfortable with that energy level, increase it to level 2 and trigger an additional flash on the next spot.
3. Only if you feel comfortable, you may progress to the maximum energy - level 3.
4. In the event that you do not feel comfortable, stop the test immediately - increasing the energy level increases the risk of adverse effects.
5. If you see adverse effects, such as severe redness or blistering, immediately stop the preliminary test.
6. After completing the test, wait 48 hours and examine the tested area. If the skin in the tested area appears normal (i.e. shows no response or just a mild redness), you can proceed with a full treatment at the highest comfortable energy level that you have tested. If you see extreme redness, swelling or blistering even on the low-energy level settings, do not carry out the full treatment in that area.

Carrying out a treatment

Note: A preliminary test should be conducted before proceeding to a full treatment. See **Preliminary test** section above.

1. Prepare your skin. See **Prepare yourself** section above.
2. To turn on the Sensilight, press the ON/OFF button (see item 1 of the above **Device description** image). The green indicator of energy level 1 will light up.
3. The device automatically sets itself on the lowest energy level – level 1. To perform the treatment at another energy level, press the energy level selection button (see item 1 of the above **Device description** image).
4. You may decrease or increase the energy level to reach the highest level that you found to be comfortable in your preliminary test. The energy level lights (see item 4 of the above **Device description** image) will light up green on the level scale, according to the selected energy level.
5. Place the Sensilight treatment window (see item 7 of the above **Device description** image) on the intended treatment area, ensuring that it is in full contact with the skin. If the Sensilight is not properly positioned, or your skin tone is too dark/ tanned, the indicator will flash red. In this case, Sensilight will not trigger a flash in that area of your skin.
6. For a single flash, press the trigger button once (see item 2 of the above **Device description** image). For continuous pulsing, press the trigger button and hold it down. While pressing the trigger button, you will see a bright flash, hear a popping noise and may feel a mild stinging and/or heat sensation.
7. Keep the trigger button pressed, moving the device with each flash to the next spot, without lifting it off the skin. After each flash, the device will immediately recharge and will be ready for the next one. Repeat the process until the entire treatment area has been covered.

8. After the treatment, turn off the device by pressing the "ON/OFF" button for 3 seconds – a steady orange indicator will light up while the device is in shutdown mode. Unplug the device after each treatment session.

Important notes:

- Try not to overlap flashes – repeated flashes on the same spot may cause burns.
 - Do not treat the same area of skin more than once per treatment – it may cause skin irritation.
 - Sensilight **will not** trigger a flash if:
 - a. There is no full contact of the treatment window with the skin.
 - b. Your skin tone is too dark or tanned.
-

Recommended treatment protocol

The recommended protocol depends on the hair and skin tone in the treatment area:

- **Body hair:** the first 1–4 hair removal treatments will be approximately two weeks apart.

The next 5–8 hair removal treatments should be four weeks apart.

- **Facial hair:** the first 1–5 hair removal treatments should be carried out approximately two weeks apart.

The next 6–8 hair removal treatments should be four weeks apart.

- **Maintenance:** treatments 8+ will be as needed, until desired results are achieved.

Hair Colour	Fitzpatrick Skin Level	Energy Levels	Treatment Area	Average Number of Treatments	Treatment Interval
Light Brown to Brown	1-5 (Inclusive)	1-3	Legs Arms Underarms Bikini Line	10-12	The first four treatments should be carried out approximately two weeks apart, with four-week intervals between treatments thereafter.
Brown to Black	1-5 (Inclusive)	1-3	Legs Arms Underarms Bikini Line	8-10	

Important: Facial treatment should be performed at 1-2 energy levels only.

Facial treatment

Sensilight can be used to treat facial areas below the cheek line, such as above the upper lip, cheek, jaw, chin and neck.

The facial skin is a sensitive area that requires special care and caution. Make sure you follow all instructions and safety precautions carefully in order to avoid adverse effects.

It is recommended to first carry out a treatment on another part of the body to get to know the device, before moving on to facial treatments.



WARNINGS

- Do not use energy level 3 on the face - it may cause burns.
- Do not use Sensilight on areas of the face above the cheek line, nor around the eyes, eyebrows and eyelashes - this could cause serious eye damage.



1. For your convenience, you can mark the treatment area with a white eye pencil. Use the mark as a guideline for where to deliver the pulses, to avoid overlapping treatment areas or treating facial areas that are not suitable for treatment.
2. Use a mirror to help you place the treatment window correctly on the treatment area.
3. Follow these Instructions for Use, paying particular attention to the following area-specific instructions.

Note: Facial hair may be hormonal and as such, it can take more sessions to achieve a permanent hair reduction.

Upper lip, cheek, jaw, neck and chin treatment

Above upper lip

Place the treatment window on the area, as indicated in the picture. Trigger one flash on each spot. Avoid the nostrils and lip, as these areas are more sensitive.

You can 'fold' your lip inward or press the lips together to achieve a better spread of the treatment area.



Neck and chin:

Place the treatment window on the area as indicated in the picture. Trigger one flash on each spot, moving from one side of the neck/chin to the other.



Note: The skin on the lower third of the neck is particularly sensitive. Avoid overlapping flashes on the same spot of the treatment area.

Cheek and jaw:

Place the treatment window on the area as indicated in the picture. Trigger one flash on each spot, moving from one side of the jaw/cheek to the other.



For male users

Take care while treating the beard area – the density of hair growth here is due to a large amount of melanin which absorbs the heat. It is recommended to perform the first treatment at a low energy level (1-2).

Results

1. Results from the Sensilight hair reduction treatment differ between individuals, depending on biological factors, skin and hair type and hormonal changes.
2. Sensilight works best on dark hair or hair that contains more melanin. Brown and light brown hair will respond, but will typically require more treatment sessions. Red hair may show some response. White, grey or blond hair shows a more limited response. Nevertheless, some users have noted hair reduction after multiple treatment sessions.
3. It may take up to 3–4 weeks before first signs of the Sensilight treatment can be seen. As the hair grows in three different stages, only hairs in the active growth phase will be affected. Hair will continue to grow for up to two weeks after a hair reduction session, but will naturally and gradually fall out as multiple treatment sessions are carried out.
4. The number of sessions required to achieve long-term results is different for every treatment area and every user.
 - Maintenance treatments can be carried out from time to time if growth is still visible.
 - You may use the treatment log at the end of these Instructions for Use, to record specific areas, dates and duration of your treatments.

Post-treatment care

- After completing each treatment, apply a calming lotion such as Aloe Vera. We recommend Sensica's lightweight, soothing post-RPL lotion, which has been specially formulated for use following treatment.
- Avoid using peeling and bleaching creams or products for at least 24 hours, as this can irritate the treated skin.
- Avoid direct sun exposure for at least 2 weeks after treatment. If recently-treated skin is exposed to sunlight during this period, make sure to apply sunscreen with an SPF of 30 or higher.
- Do not wax or pluck hairs from treated areas.

Cleaning and troubleshooting

Cleaning

- Make sure to turn off and unplug the unit before cleaning.
- It is recommended to clean the treatment window after every session by wiping it gently with a dry, clean cloth.
- Keep the Sensilight device dry. Do not wash it or allow it to come into contact with water, as this may cause severe electrocution.
- If you do not plan on using your Sensilight for a long period of time, it is recommended to keep it clean and stored in its original box.
- If you plan to travel and take your Sensilight with you, you should store it in the original box and follow the storage instructions set out in the **Storage instructions** section below.

Troubleshooting

If you experience any problems with your Sensilight, please refer to the information below.

- If the device does not turn on:
 - Make sure that the power supply is plugged in properly both to the device and the electrical outlet.
 - Make sure the power outlet has power.
- If the device does not trigger a flash:
 - Check that there is full contact between the device and the skin. The trigger button will activate a flash only when the device is in full contact with the skin.
 - Check that the area you are trying to treat is not too small, curved or bony to maintain proper contact. The whole treatment window should touch the treatment area. Pulling the skin flat can help to achieve this.

Note: If the skin colour level identified by the Sensilight is too dark, the flash activation will be blocked.

Note: In the case of a safety issue or when the lamp has reached the end of its life, a steady red light will come on and the device will shut down.

- **General error:**
 - a. If dirt or debris are stuck on the treatment window, you should clean the treatment window according to the instructions in the **Cleaning** section above. If you can't get the area clean, contact our Customer Service team.
 - b. In case of a flash delay after repositioning the device on a different treatment area, you should consider performing the treatment in a cooler environment. The device may flash at a slower rate in a warm environment.
 - c. In case of a general error, reset the device, by turning it off, waiting 10 seconds, and then reconnecting it.

If you still have problems with your device, please contact our Customer Service

Customer service

All our devices are manufactured to the highest standards. In the unlikely event that your Sensilight breaks or stops working, or if you need further information or assistance, please contact us:

 +44-0800-923-4833

 supportUK@sensica.com

Device specification parameters

Emitted light spectrum:
475[nm] to 1,200[nm] max.

Maximal emitted energy flux:
5 [J/cm²]

Selectable energy levels: 3

Treatment area(window):
3 [cm²]

Speed:
1 pulse every 3 seconds; 1 [cm²]
per second

External Power Supply:
12[V], 1.8[A]
100–240 [VAC], 50–60[Hz]

Device Weight and Size:
220 [gr], 135 X 45 X 75 [mm]
7.8 [Oz], 5.3 X 1.77 X 2.96 [in]

Technology:
Home-use RPL

Storage instructions

Storage and Transport Conditions

Temperature -10 °C to 70 °C
(14 °F to 158 °F)

Humidity 0% to 90% RH
at 55 °C (131 °F)

Pressure Non-condensing

Operational Conditions

Temperature 10°C to 40°C
(50°F to 104°F)

Humidity 30% to 70% RH

Max Operating Altitude 10,000 ft.
(3,050 meter)

Labelling

Model: IPL030UK



Double insulation



Consult Instructions for Use



Electronic and electrical equipment waste



Keep away from eyes



Please read all warnings and safety precautions prior to use



Do not use Sensilight device on tanned skin or after sun exposure

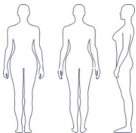
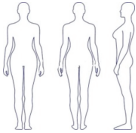
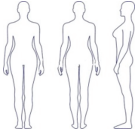
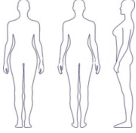
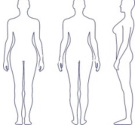


Keep dry. Do not let the device become wet. Keep away from bathtubs, showers, basins, or other vessels containing water.

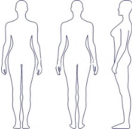
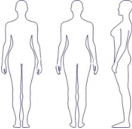
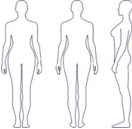
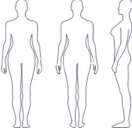
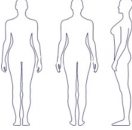


Use Sensilight only with its original power supply. For your safety, never use DC adapters which are not approved by the manufacturer.

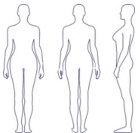
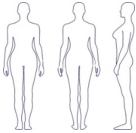
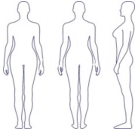
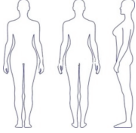
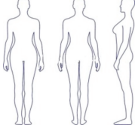
Treatment log

Treatment date	Treated area	Comments
		
		
		
		
		

Treatment log

Treatment date	Treated area	Comments
		
		
		
		
		

Treatment log

Treatment date	Treated area	Comments
		
		
		
		
		

Treatment log

Treatment date	Treated area	Comments
	