



# REMINGTON®

## i-LIGHT

Intense Pulsed Light **hair removal**



**IPL4000**





## Skin Chart



Read instructions manual before use.

Lesen Sie die Bedienungsanleitung vollständig durch, bevor Sie das Gerät das erste Mal benutzen.

Lees voor gebruik deze gebruiksaanwijzing.

Lisez les instructions avant utilisation.

Lea el manual de instrucciones antes del uso.

Leggere il manuale di istruzioni prima dell'uso.

Antes de utilizar o aparelho, leia o manual de instruções.



Do not use on the face.

Nicht im Gesicht anwenden.

Niet op het gezicht gebruiken.

Ne pas utiliser sur le visage.

No utilice el aparato en el rostro.

Non usare sul viso.

Não utilize no rosto.



Do not use near water.

Nicht in der Nähe von Wasser anwenden.

Niet gebruiken in de buurt van water.

Ne pas utiliser près d'une source d'eau.

No utilice el aparato cerca del agua.

Non usare in prossimità dell'acqua.

Não utilize perto de água.

Skin Chart

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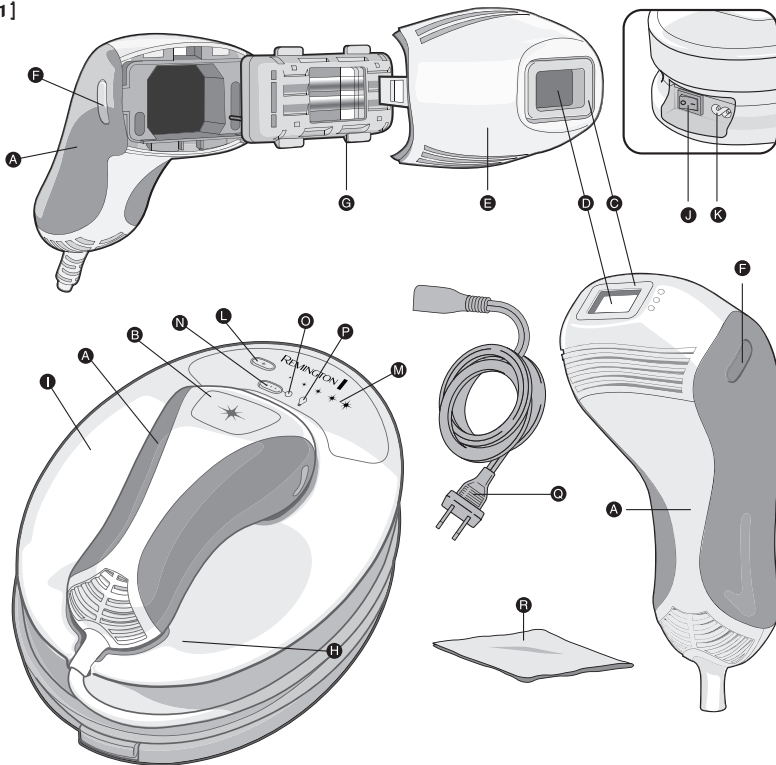
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## What is i-Light?

i-Light is a home-use device for the reduction of body hair using Intense Pulsed Light (IPL) technology. This is the same technology used in professional hair removal salons and clinics. If used correctly it can provide long-lasting hair reduction.

## What is Intense Pulse Light (IPL) and how does the i-Light work?

i-Light works by directing an extremely short, intense pulse of light into the skin. The light energy is absorbed by the melanin in the hair follicle temporarily disabling the growth mechanism in the hair and delaying hair growth.

Hair follicles typically pass through three phases throughout the hair growth cycle.

These phases are:

**Anagen Phase (growing phase)** – the active growth phase of the hair follicles. Melanin concentration is at its highest as it is responsible for pigmentation of the hair. Only hairs in the anagen phase are susceptible to treatment with IPL (fig. 2).

**Catagen Phase (degradation phase)** – this is a short transition stage, which follows the anagen phase and signals the end of active growth of hair. It typically lasts 2-3 weeks (fig. 3).

**Telogen Phase (resting phase)** – the hair follicle is completely at rest during this phase, which is the longest phase and lasts about 100 days. During this time, the new hairs push out the old hairs, allowing the growth cycle to begin again (fig. 4).

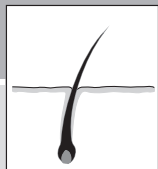
## What to expect from i-Light

Our studies have shown significant hair reduction after only a single treatment. However, optimal results are generally not obtained with a single session. For best results, repeat a treatment session whenever you notice hair starting to regrow. Results vary by individual, however, most will re-treat areas every two weeks for three treatments until desired results are achieved.

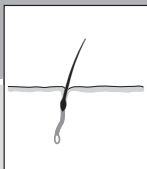
A few days after the first treatment you may start to notice hair has fallen out.

Some hair growth will occur that is less dense, finer and lighter in color than the original hair. This regrowth is perfectly normal and should be expected.

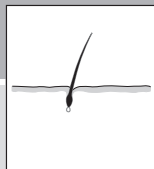




2] Anagen Phase



3] Catagen Phase



4] Telogen Phase

Getting Acquainted With iLight

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## IMPORTANT SAFETY CAUTIONS

### Before you start using i-Light:

**Be sure to read all Warnings and Safety Information**

***Before you begin, check to see if i-Light is suitable for you.***

**Use the skin tone chart, provided on the box and at the front of this manual, to determine if this device is right for you.**

### Skin Type

- See skin color chart on page 3.
- Do not use on naturally dark skin (Fitzpatrick type V and VI), as it may result in burns, blisters and changes in skin color.
- Do not use on tanned skin or after recent sun exposure, as it may cause burns or skin injury.
- i-Light is not effective on naturally white, gray, blond or red body hair.

### Areas not to treat

- Do not use on the face or the neck.
- Do not use on nipples, areola, or genitals.
- Do not use if you have tattoos or permanent makeup in the area to be treated.
- Do not use on dark brown or black spots such as moles, birth marks, or freckles.
- Do not use on an area of recent surgery, deep peel, laser resurfacing, scars, or skin that has been damaged with burns or scalds.

### When not to use/When to avoid using i-Light.

- Do not use if you are pregnant or breast feeding.
- Do not use if you were exposed to sun or artificial tanning within the past 4 weeks.
- Do not use on dry or fragile skin caused by the use of chemical peels, glycolic peels, Alpha Hydroxy Acids (AHAs).
- Do not flash more than once on the same area as this may cause burns.
- Do not use on the same area of your skin more than once a week.
- Do not use for at least 14 days following microdermabrasion treatment.
- Do not use if you are already undertaking permanent hair removal treatments.





- Do not use if you have a skin disease such as active skin cancer, if you have a history of skin cancer or any other localized cancer in the areas to be treated, or if you have pre-cancerous lesions or multiple atypical moles in the areas to be treated.
- Do not use if you have epilepsy with flashlight sensitivity.
- Do not use if you have a history of collagen disorder, including a history of keloid scar formation or a history of poor wound healing.
- Do not use if you have a history of vascular disorder, such as the presence of varicose veins or vascular ectasia in the areas to be treated.
- Do not use if your skin is sensitive to light and causes a rash or an allergic reaction. If you are taking photosensitizing agents or medications, check the package insert of the medicine. Never use the unit if it can cause photo-allergic reactions or photo-toxic reactions, or if you should avoid sun while taking a medication.
- Do not use if you have diabetes, lupus erythematoses, porphyria or congestive heart disease.
- Do not use on areas of your skin which are currently being treated with or have recently been treated with Alpha Hydroxy Acids (AHAs), Beta Hydroxy Acids (BHAs), topical isotretinoin and azelaic acid.
- Do not use if you have taken oral isotretinoin Accutane or Roaccutane in the last six months. This treatment can make skin more susceptible to tears, wounds and irritations.
- Do not use if you have any bleeding disorder or take anticoagulation medications, including heavy use of aspirin, in a manner which does not allow for a minimum 1-week washout period prior to each treatment.
- Do not use if you have infections, eczema, burns, inflamed follicles, open lacerations, abrasions, surgeries, herpes simplex, wounds or lesions and haematomas in the areas to be treated.
- Do not use if you have a history of immunosuppressive disease (including HIV infection or AIDS) or if you take immunosuppressive medications.
- Do not use when you are on painkillers, which reduce the sensitivity to heat.
- Do not use if you use long-lasting deodorants. This can result in skin reactions.
- Do not use over or near anything artificial such as silicon implants, Implanon contraceptive implants, pacemakers, subcutaneous injection ports (insulin dispenser) or piercings.



### IMPORTANT SAFETY INSTRUCTIONS

#### **WARNING – TO REDUCE THE RISK OF BURNS, ELECTROCUTION, FIRE, OR INJURY TO PERSONS:**

As with most electrical appliances, electrical parts are electrically live even when the switch is off. **To reduce the risk of injury or death by electric shock:**

- Always unplug the unit from the electrical outlet immediately after using.
- Do not use near water.
- Do not place or store this appliance where it can fall or be pulled into a tub or sink.
- Do not place or drop into water or other liquid.
- Do not reach for the unit if it has fallen into water or other liquid. Unplug unit immediately.
- Do not reach for the unit if it has become wet. Unplug unit immediately.
- Unplug the unit before cleaning it.
- Keep the unit dry at all times.
- If you move the unit from a very cold to a very warm environment, wait approximately 2 hours before using it.
- An appliance should never be left unattended when plugged into a power outlet.
- Keep the power plug and cord away from heated surfaces.
- Make sure the power plug and cord do not get wet.
- Do not plug or unplug the unit with wet hands.
- Do not use the product with a damaged cord. A replacement can be obtained via the Remington® Service Centre.
- Use and store the product at a temperature between 15°C and 35°C.
- Always unplug from the mains when cleaning.
- Only use the parts supplied with the appliance.
- Keep this product out of reach of children. The use of this appliance by persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge can give cause to hazards. Persons responsible for their safety should give explicit instructions or supervise the use of the appliance.







## i-Light Unit Diagram Reference *(page 3)*

- |                                    |  |
|------------------------------------|--|
| <b>A</b> i-Light Handpiece         | <b>K</b> Power Inlet                       |
| <b>B</b> Flash Button              | <b>L</b> Intensity Level Selection Button  |
| <b>C</b> Skin Contact Sensor       | <b>M</b> Intensity Level Selection Display |
| <b>D</b> Flash Window              | <b>N</b> Flash Mode Selection              |
| <b>E</b> Nose Cone                 | <b>O</b> Flash Mode Selection Display      |
| <b>F</b> Nose Cone Release Buttons | <b>P</b> Bulb Status Indicator Display     |
| <b>G</b> Light Cartridge           | <b>Q</b> Power Cord                        |
| <b>H</b> Handpiece Cord            | <b>R</b> Lint Free Cloth                   |
| <b>I</b> i-Light Base Unit         |  |
| <b>J</b> Power Switch              |  |

## Familiarize yourself with the features of your new i-Light device.

### Flash Window (fig. 1-D)

The Flash Window is a filtered glass window with built-in UV protection that allows specific wavelengths of light to pass from the hand piece to your skin and hair follicles.

**⚠ WARNING:** Always inspect the Flash Window before use to ensure there is no damage to the lens.

**⚠ WARNING:** Always clean the Flash Window before use with the lint-free cloth provided to ensure there is no oil or debris on the lens.

### Skin Contact Sensor (fig. 1-C)

The Skin Contact Sensor is a safety mechanism that prevents the device from accidental activation. In order for the device to activate, the Skin Contact Sensor must be fully depressed against the skin.

**Flash Button (fig. 1-B)**

The Flash Button is located on the hand piece. To activate the flash bulb, ensure the Skin Contact Sensor is fully engaged and press the Flash Button.

**Bulb Status Indicator Display (fig. 1-P)**

The device is ready to flash when the Bulb Status Indicator Display is illuminated green.

**NOTE:** If the Flash Button is pressed AND the Skin Contact Sensor is not fully engaged OR the Bulb Status Indicator Display is not illuminated, an audible “beep” will sound.

When the Bulb Status Indicator Display *illuminates* yellow, there are 150 flashes remaining in the flash bulb. When the Bulb Status Indicator Display *flashes* yellow, the bulb cartridge has been used up and will no longer operate. You must replace the bulb cartridge to continue using the device.

**Nose Cone Release Buttons (fig. 1-F)**

Press both buttons and gently pull to remove the nose cone.

**⚠ WARNING:** ALWAYS ensure the unit is OFF and the power cord is disconnected before removing the nose cone. If the nose cone is removed while the unit is powered ON, all indicator lights on the base unit will flash and audible “beeps” will sound.



### Light Cartridge (fig. 1-G)

Each light cartridge has a life of 1,500 flashes. When all flashes have been used, the cartridge must be replaced.

**Replacement model: SP-IPL**

### Intensity Level Selection (fig. 1-L)

The i-Light device is equipped with 5 intensity levels. Level 1 is the lowest setting and level 5 is the highest setting.

**TIP: For the most effective results, always use the highest intensity level that does not cause discomfort on the skin. To determine the intensity level being used, observe the number of lights illuminated on the Intensity Level Selection Display.**

Your i-Light device will automatically be set to Intensity Level 1 each time the device is powered ON. To change the level, press the Intensity Level Selection Button.

### Flash Mode Selection (fig. 1-N)

The i-Light device is equipped with two operating modes: Single Flash Mode and Multi-Flash Mode. Your i-Light device will automatically be set to Single Flash Mode each time the device is powered ON.

**Single Flash Mode:** The i-Light device will flash once when the Flash Button is pressed AND the skin contact sensor is engaged.

**Multi-Flash Mode:** The i-Light device will flash once every two seconds when the Flash Button is pressed AND the skin contact sensor is fully engaged.

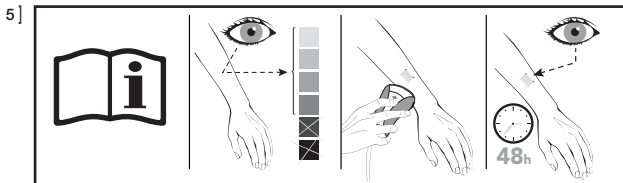
The Multi-Flash Mode allows you to quickly treat large areas such as the legs, chest or back by simply gliding the hand piece to a new location after each flash.

To turn Multi-Flash Mode ON, press the Multi-Flash Mode Selector Button. The Multi-Flash Mode Selector Display will illuminate. Press again to turn Multi-Flash Mode OFF and return to Single-Flash Mode.



### Test the i-Light device on your skin (fig. 5)

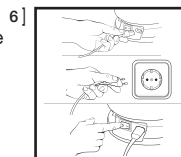
1. Review the Warnings and Safety Precautions.
2. Familiarize yourself with the features of the i-Light device.
3. Consult the Skin Tone Chart to ensure your skin color is in the acceptable range.
4. Test the i-Light device on a small patch of skin and wait 48 hours to ensure there are no adverse reactions.



### Treat desired area(s) with the i-Light device

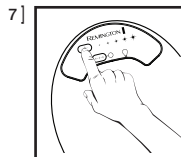
#### Prepare your skin for treatment

1. Ensure the area to be treated is clean and free from oils, deodorants, perfume, make up, lotions and creams. Shave the hair from the area to be treated.
2. Never use wax, epilation, tweezers, or depilation products to remove the hair because they counteract the IPL process.



#### Prepare the device for treatment

3. Unwrap the hand piece cord from the i-Light base and rest the hand piece in the base cradle. Locate the power switch on the i-Light base and ensure the unit is OFF. Connect the power cord to the i-Light base at the power inlet. Connect the power cord to the wall outlet. Turn the power switch ON (fig 6).
4. Select the desired Intensity Level. If the Multi-Flash Mode is desired, turn ON using the Flash Mode Selector Button (fig 7).

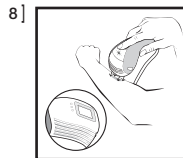




### Treat desired area(s) with the i-Light device –

#### Single Flash Mode

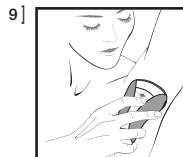
1. Place the i-Light hand piece against your skin so the Flash Window is flush with the skin surface (fig. 8).
2. Ensure the Skin Contact Sensor is fully engaged and the Bulb Status Indicator Display is illuminated.
3. Press the Flash Button to activate the device (fig. 9).
4. Move the hand piece to a new treatment area and repeat steps 1-3 (fig. 10).



### Treat desired area(s) with the i-Light device –

#### Multi Flash Mode

1. Place the i-Light hand piece against your skin so the Flash Window is flush with the skin surface (fig. 8).
2. Ensure the Skin Contact Sensor is fully engaged and the Bulb Status Indicator Display is illuminated.
3. Press AND HOLD the Flash Button down to activate the device (fig. 9).
4. Immediately after the device has flashed, slide the hand piece to a new location. After a short delay (approximately 2 seconds) the device will flash again (fig. 10).



**NOTE:** ■ During Multi-Flash Mode, the Skin Contact Sensor AND the Flash Button must remain fully depressed. If either becomes disengaged, the device will not operate. To resume treatment, repeat steps 1-4.

■ During Multi-Flash Mode, the Bulb Status Indicator Display will remain illuminated while the Skin Contact Sensor and Flash Button are engaged.



## Treatment Tips

- For best results, avoid overlapping flashes. This helps prevent exposure to more energy than is necessary to suppress hair growth. It also ensures that you get the maximum use of the light cartridge.
- For the most effective results, always use the highest intensity level that does not cause discomfort on the skin. The level you use should feel warm on your skin, but should never cause discomfort.
- Optimal results are generally not obtained with a single session. For best results, repeat a treatment session whenever you notice hair starting to regrow. Results vary by individual, however, most people will treat areas every two weeks for the first three treatments, until desired results are achieved.
- You may notice that bony areas, such as elbows, shins, and ankles, are more sensitive during treatment. This is normal and should not be cause for alarm. To avoid this sensitivity, try stretching the skin away from the bony area during treatment.

## Post-Treatment Care

After treatment, you may experience slight redness or a warm sensation on your skin. This is normal and will disappear quickly. To avoid irritation to your skin after a treatment, take the following precautions:

- Avoid sun exposure for 24 hours after a treatment. Protect the skin with SPF 30 for 2 weeks after each treatment.
- After treatment, keep the area clean and dry and drink plenty of water to keep skin hydrated.
- Do not handle the treated area roughly.
- Do not take hot baths, showers, or use steam rooms and saunas for 24 hours after treatment.
- Do not swim for 24 hours after treatment.
- Do not take part in contact sports for 24 hours after treatment.
- Do not wear tight-fitting clothing over the treated area.
- Do not prolong sun exposure such as sunbathing, using a tanning bed, or self-tan for at least 2 weeks after the last treatment.





- Do not depilate (waxing, plucking, threading or creams) during the treatment – shaving is acceptable as long as you avoid shaving 24 hours after each treatment.
- Do not use bleaching creams or perfumed products for 24 hours after treatment.
- Do not scratch or pick at the treated area.

## Cleaning Your i-Light Device

**⚠ CAUTION:** Before cleaning your i-Light device, make sure that the power switch is OFF and the power cord is disconnected from the base unit.

- Regular cleaning helps to ensure optimal results and a long life for the i-Light device. The exterior surface of the base unit and hand piece may be wiped clean with a slightly damp cloth.
- To clean the Flash Window, use only the lint-free cloth included with your i-Light device. Take care not to scratch or chip the Flash Window. Scratches and chips can reduce the effectiveness of the unit.
- For stubborn stains, use a dampened cotton swab to apply a small amount of water to the Flash Window and clean with the lint-free cloth provided.
- Use a small hand-held vacuum to remove dust and debris from the hand piece vents.

**⚠ WARNING:** If the Flash Window is cracked or broken, the unit must not be used. Never scratch the filter glass or the metallic surface inside the Nose Cone.

**⚠ CAUTION:** The i-Light is a high voltage device. Never immerse in water. Never clean the unit or any of its parts under the tap or in the dishwasher.

Do not use petroleum-based or flammable cleaning agents because of the risk of fire. Never use scouring pads, abrasive cleaning agents or aggressive liquids such as oil or acetone to clean the unit.



## i-Light Device Maintenance

**▲ CAUTION:** Before performing maintenance on your i-Light device, ensure that the power switch is OFF and the power cord is disconnected from the base unit.

### Replacing the bulb

1. Press the nose cone release buttons and gently pull to remove the nose cone.
2. Gently pull out the old bulb cartridge.
3. Replace with a new bulb cartridge. **Replacement model: SP-IPL**

**▲ CAUTION:** When replacing the bulb cartridge, do not touch the flash bulbs directly as this leaves oils and residue. Doing so could reduce the effectiveness of the bulbs or cause them to crack during treatment.

4. Replace the nose cone, making sure it snaps into place.

### Storage

- Switch off the unit, unplug it and let it cool down for 10 minutes before storage.
- Store the unit in a dry place at a temperature between 15° C and 35° C.

## Troubleshooting

Always read these instructions fully before using i-Light.

Refer to this troubleshooting guide if you experience any problems with i-Light, as this section addresses the most common problems you could encounter with i-Light.

If you have followed the instructions in this section and continue to experience problems, please contact the Remington® Service Center for further assistance.

### I turn the power switch ON, but the unit is not working.

- Make sure the unit is plugged into a working electrical outlet.
- Try switching to a different outlet.

### The unit appears to have cracks or is broken.

- Do not use if the unit is damaged. If you have concerns about using the unit, discontinue use and contact the Remington® Service Center for further assistance.

### I have switched the unit ON, but I cannot increase or decrease the light intensity.

- Try resetting the unit by turning it off and waiting several seconds before turning it back on.







**The Bulb Status Indicator Light turns green but the unit does not flash when the button is pressed.**

- Make sure the Skin Contact Sensor is in full contact with the skin.
- Try resetting the unit by turning it off and waiting several seconds before turning it back on.

**There is a strange smell.**

- Be sure the area is completely shaved before treatment.

**The treated areas become red after treatment.**

- This is normal and the redness should subside. If not, try using a lower light intensity.

**I have not seen optimal results or hair has begun to grow back.**

- Hair may begin to grow back after your initial treatment. This is perfectly normal. For optimal results, repeat the treatment when you notice hair regrowth.

Intensity/Flash Mode LED	Indication
All currently selected LEDs flashing	Unit is overheated and is disabled momentarily to cool down.
Intensity LEDs flashing in sequence	Unit is malfunctioning. Turn the unit off, wait a few moments and try again. If problem persists, the unit should be returned for repair.
All LEDs flashing with warning beep	Nose cone is removed or loose.

Audible Tones	Indication
Not Full Contact	Flash button was pressed while the skin contact sensor was not fully engaged.
Replace Light Cartridge	Light cartridge is missing or needs to be replaced.
Contact Sensors Stuck	Flash button was pressed after the contact sensor had been engaged since unit start up. Contact sensor may be stuck.



## Frequently Asked Questions ([www.remington-ilight.com](http://www.remington-ilight.com))

### **Q. What is i-Light? What is Intense Pulse Light (IPL)?**

**A.** IPL works by directing an extremely short, intense pulse of filtered light into the skin. The light is absorbed by the colored pigments in and surrounding the hair and disables the hair follicle temporarily, preventing hair regrowth.

### **Q. Who can use i-Light?**

**A.** Both men and women can use i-Light to remove unwanted hair anywhere below the neck. i-Light has been designed for individuals with light to medium skin tones and dark hair. Safe skin tones include white, ivory, tan, beige, and light brown only. Safe natural hair colors include black, dark brown, and medium brown.

### **Q. What areas of my body can I treat with i-Light?**

**A.** i-Light is designed to be used on areas below the neck, including the legs, underarms, bikini line, arms, chest and back.

### **Q. What can I expect from i-Light?**

**A.** i-Light provides safe and effective salon-grade hair removal using IPL technology.

### **Q. What are the risks involved with i-Light? Is it safe?**

**A.** i-Light is safe to use, but like any electronic device it is important that you read and follow the operating instructions.

### **Q. How often should I use i-Light?**

**A.** You should use i-Light whenever you start to see hair regrowth.

### **Q. How long do treatments take?**

**A.** Time varies based on the size of the area being treated, but one full leg should take no more than 15 minutes.

### **Q. When will I begin to see results?**

**A.** Results are not immediate. Hair may sometimes appear to be growing back after treatment but many of these hairs will begin to fall out after two weeks. Hair grows in a cycle of 3 different phases which lasts 18-24 months. Only hairs in the anagen phase are susceptible to treatment, which is why multiple treatments are required for optimal results. The results are generally noticeable within a few weeks of the first treatment. Continuous regular weekly (or every 2 weeks for three treatments) use will give good results within 6 to 12 weeks (darker skin may take longer).



**Q. Why is my hair growing despite treatments?**

**A.** Hair continues to grow for up to 2 weeks after treatment, at which time you will notice the hair beginning to fall out. Another reason for continued growth could be that the area was missed during a treatment. Continue to treat the area whenever you notice regrowth.

**Q. Why can't I use i-Light after recent sun exposure?**

**A.** Sun exposure causes high levels of melanin to be present and exposes the skin to higher risk of burns or blisters following treatment.

**Q. What are the warnings against using i-Light?**

**A.** Certain conditions may limit your ability to use the unit. Please read the Warnings and Safety Precautions section in the User Manual in its entirety before using i-Light.

**Q. How often do I need to replace the bulb?**

**A.** The bulb needs to be replaced after 1500 flashes. The Bulb Status Indicator Light will illuminate green for the first 1350 flashes of the cartridge life. It will turn to a yellow light to designate that only 150 flashes remain. When the light begins to flash the cartridge life is up and you must replace the bulb.

**Replacement model: SP-IPL**

**Q. Can I use i-Light on my face?**

**A.** No. i-Light is not recommended for use on the face or the neck.

**Q. How do I care for treated areas following treatment?**

**A.** Avoid unprotected sun exposure to the treated areas.

**Q. Should I suspend normal activity after using i-Light?**

**A.** There is no need to suspend normal activity following treatment assuming no abnormal complications occur. It is recommended that you perform the treatment prior to going to bed so that any resulting redness fades by morning.

**Q. Is i-Light dangerous for the skin after long term use?**

**A.** There have not been any reported side effects or skin damage from long-term use of intense pulse light.

**Q. How often should I treat with i-Light?**

**A.** An interval of 2 weeks for the initial treatment, is proven to be the most effective in hair reduction. You should avoid treating the same area multiple times in one session, as it will not improve efficacy but increases the risk of skin irritation.





**Q. Can I use i-Light if I have blonde, red, gray or white hairs?**

**A.** i-Light works best on darker hair types because they contain more melanin, the pigment that gives hair and skin its color. Melanin is what absorbs the light energy used during i-Light treatment. Black and dark brown hairs respond the best. Brown and light brown hairs will also respond, but typically require more treatments. Red hairs may show some response. White, grey or blonde hairs usually don't respond to i-Light treatments, although some users have noted results after multiple treatments.

**Q. Can I use i-Light if I have naturally dark skin?**

**A.** No. i-Light is designed to react with the dark pigment of the hair. As a result, dark brown and black skin may absorb too much of the device's energy (heat), which may cause skin damage. Do not use i-Light on naturally dark skin, as it contains too much melanin. Treating dark skin with i-Light can result in burns, blisters and skin color changes (hyper- or hypo-pigmentation). Review the skin color chart on page 3 to determine if i-Light is right for you.

**Q. Do I need eye protection while using i-Light?**

**A.** No, it is not harmful to the eyes, unless it is directed to the face. i-Light features a safety system which prevents unintentional flashing when the device is not in contact with the skin. The small amount of light emitted during treatment is similar to that of a camera flash and is not harmful to the eyes, unless it is directed to the face.

**Q. Can I use i-Light if I am pregnant or nursing?**

**A.** No. i-Light has not been tested on pregnant women, therefore we do not recommend using i-Light if you are pregnant or breast feeding. Hormonal changes could increase sensitivity and the risk of injury to the





## Applicable Skin Tones, Skin tone chart – Fitzpatrick skin types 1 - 4

You can use this skin-type chart for self-assessment, by adding up the score for each of the questions you've answered. At the end there is a scale providing a range for each of the six skin-type categories. Following the scale is an explanation of each of the skin types. You can quickly and easily determine which skin type you are.

### Genetic Disposition

Score	0	1	2	3	4
What is the colour of your eyes?	Light blue, Grey, Green	Blue, Grey or Green	Blue	Dark Brown	Brownish Black
What is the natural colour of your hair?	Sandy Red	Blond	Chestnut Dark Blond	Dark Brown	Black
What is the colour of your skin (non exposed areas)?	Reddish	Vary Pale	Pale with Beige tint	Light Brown	Dark Brown
Do you have freckles on unexposed areas?	Many	Several	Few	Incidental	None

Total score for Genetic Disposition: \_\_\_\_\_





## Reaction to Sun Exposure

Score	0	1	2	3	4
What happens when you stay in the sun too long?	Painful redness, blistering, peeling	Blistering followed by peeling	Burns sometimes followed by peeling	Rare burns	Never had burns
To what degree do you turn brown?	Hardly or not at all	Light color, tan	Reasonable tan	Tan very easily	Turn dark brown quickly
Do you turn brown within several hours after sun exposure?	Never	Seldom	Sometimes	Often	Always
How does your face react to the sun?	Very sensitive	Sensitive	Normal	Very resistant	Never had a problem

Total score for Reaction to Sun Exposure: \_\_\_\_





## Tanning Habits

Score	0	1	2	3	4
When did you last expose your body to sun (or artificial sunlamp/tanning cream)?	More than 3 months ago	2-3 months ago	1-2 months ago	Less than a month ago	Less than 2 weeks ago
Did you expose the area to be treated to the sun?	Never	Hardly ever	Sometimes	Often	Always

Total score for Tanning Habits: \_\_\_\_

Add up the total scores for each of the three sections for your Skin Type Score.



## Skin Type Score - Fitzpatrick Skin Type

0-7	I
8-16	II
17-25	III
25-30	IV
over 30	V-VI

Do Not Use i-Light

**TYPE 1:** Highly sensitive, always burns, never tans.

Example: Red hair with freckles

**TYPE 2:** Very sun sensitive, burns easily, tans minimally.

Example: Fair skinned, fair haired Caucasians

**TYPE 3:** Sun sensitive skin, sometimes burns, slowly tans to light brown.

Example: Darker Caucasians

**TYPE 4:** Minimally sun sensitive, burns minimally, always tans to moderate brown.

Example: Mediterranean type Caucasians, some Hispanics

**TYPE 5:** Sun insensitive skin, rarely burns, tans well.

Example: Some Hispanics, some Blacks

**TYPE 6:** Sun insensitive, never burns, deeply pigmented.

Example: Darker Blacks







### PROTECT THE ENVIRONMENT

Do not dispose of the product in household waste at the end of its useful life. Disposal can take place at the Remington® Service Centre or appropriate collection sites.



For further information on recycling see [www.remington-europe.com](http://www.remington-europe.com),  
[www.remington-ilight.com](http://www.remington-ilight.com)



### SERVICE & WARRANTY

This product has been checked and is free of defects. We warrant this product against any defects that are due to the faulty material or workmanship for a 2 year period from the original date of consumer purchase. If the product should become defective within the warranty period, we will repair any such defect or elect to replace the product or any part of it without charge provided there is proof of purchase. This does not mean an extension of the warranty period.

In the case of a warranty simply call the Remington® Service Centre in your region.

This warranty is offered over and above your normal statutory rights.

The warranty shall apply in all countries in which our product was sold via an authorised dealer.

This warranty does not include replacement bulbs which are consumable parts. Also, not covered is damage to the product by accident or misuse, abuse, alteration to the product or use inconsistent with the technical and/or safety instructions required.

This warranty shall not apply if the product has been dismantled or repaired by a person not authorised by us.



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## Central Europe

**☎ 00800 / 821 700 821**

Mo.-Fr. 9 a.m. – 5 p.m. Central European Time (free call)

E-Mail: [service@remington-europe.com](mailto:service@remington-europe.com)  
[www.remington-europe.com](http://www.remington-europe.com)

► SPAIN

**☎ + 34 902 10 45 17; 08.00 – 13.00; lunes – viernes (Posventa)**

**☎ + 34 932 070 166 (Información al consumidor final)**

► PORTUGAL

**☎ + 351 299 942 915**

✉ [renase@presat.net](mailto:renase@presat.net)

► MALTA

**☎ Tel. 00800 821 700 82 (free call)**

► UNITED KINGDOM

**☎ Tel. +44 0800 212 438 (free call)**

Spectrum Brands (UK) Limited, Fir Street, Failssworth,  
Manchester, M35 0HS, UNITED KINGDOM [www.remington.co.uk](http://www.remington.co.uk)

► IRELAND

**☎ Tel. +353 (0) 1 460 4711**

Remington Consumer Products, Unit 7C, Riverview Business Park,  
New Nangor Road, Dublin 22, IRELAND, [www.remington.co.uk](http://www.remington.co.uk)

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Alfred-Krupp-Str.9

73479

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220~240V, 50/60 Hz

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Customer Service Information

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