

1

Choose your first treatment area.

2





Write the date of your treatment in the chart below.

3

Follow the treatment schedule to get the best results!

Don't forget, you can use this programme on multiple areas of the body

CHOOSE BODY PART(S)

FOLLOW MONTH		 LEGS	 ARMS	 BIKINI	 UNDERARM	 OTHER
MONTH 1	DAY 1	✓ DATE: 00/00/00	DATE:	DATE:	DATE:	DATE:
	DAY 14	DATE:	DATE:	DATE:	DATE:	DATE:
MONTH 2	DAY 1	DATE:	DATE:	DATE:	DATE:	DATE:
	DAY 14	DATE:	DATE:	DATE:	DATE:	DATE:
MONTH 3	DAY 1	DATE:	DATE:	DATE:	DATE:	DATE:
	DAY 14	DATE:	DATE:	DATE:	DATE:	DATE:
MONTH 4	DAY 1	DATE:	DATE:	DATE:	DATE:	DATE:
	DAY 14 <small>*Extra treatment if necessary</small>	DATE:	DATE:	DATE:	DATE:	DATE:
MONTH 5	DAY 1	DATE:	DATE:	DATE:	DATE:	DATE:
MONTH 6	DAY 1	DATE:	DATE:	DATE:	DATE:	DATE:

Ensure that you have read the Laser Hair Remover instruction manual and checked your skin tone and hair colour for suitability before you start the programme. If you start to see any skin irritation whilst following the programme, please stop and allow your skin to recover before continuing further treatments.