



SMOOTHSKIN  
GOLD

Get Ready for Summer

Treatment Calendar

# Get Ready for Summer Treatment Calendar

Week 1	Week 2	Week 3
<p>The first step is to take a look at the manual and make sure you carefully read it before starting your treatments.</p> <p>Once you have given the manual a read and all is well for you to treat, pick a discreet area on your body to do a patch test. If after 24 hours the area is fine then it is fine to continue with treatments. Patch test each new body area and treat around it for a week.</p> <p>Now the important patch test is completed... let the treatments begin ☺</p> <p>Once you have chosen the area or areas you want to treat, make sure each area is shaved immediately prior to treatments. This can be simply done with a normal razor. Remember, do not wax, epilate or pluck on the areas being treated because this removes the target for the light and treatments will not be as effective.</p>	<p>Eek, it's treatment time again. You're a little bit closer to getting that beach body ready for summer!</p> <p>If you are finding treatment a little uncomfortable then remember you can switch to gentle mode. This will reduce the energy released by the device, but it will mean results may take a bit longer.</p> <p><b>See our top tips videos in the Beauty Room on our site</b></p> <p>Some people may think that treating more than once a week will speed up the process, but actually this will not change anything. You should use SmoothSkin Gold once a week for the 12 weeks and monthly after if required.</p> <p>Our clinical studies showed that 94% experienced noticeable permanent hair reduction after completing the 12 week regime.</p>	<p>Hopefully you will now feel super confident in using SmoothSkin Gold.</p> <p><b>FACIAL TREATMENTS</b></p> <p>The face is a popular area for people to treat. If you are treating the upper lip, the chin or the neck then it is tempting to trim these areas or to perhaps not shave at all. Unfortunately this is not the right way to treat. Shaving the face does sound a little daunting, but it is the only way to make sure you get the best treatment and hair reduction possible.</p> <p><b>See our top tips videos in the Beauty Room on our site</b></p>
Week 4	Week 5	Week 6
<p>The French, Brazilian, Hollywood! What are we talking about!?! Yep, Bikini Styles.</p> <p>Holidays with friends or family, trips to the beach and fun water fights in the garden. Buying the best bikini is one thing, but removing the hair is another. Don't worry SmoothSkin Gold is perfectly safe to treat the bikini line.</p> <p>NOTE: If you are wanting to have all your bikini hair taken off, we advise choosing another alternative hair removal method as SmoothSkin Gold has not been clinically tested on the pubic area. SmoothSkin Gold must not be used directly on the genitals or around the anus.</p>	<p><b>EXFOLIATION</b></p> <p>Exfoliation is the best way to remove any dead skin and allow for better absorption of the light. Make sure to exfoliate before treatments to get the silky smooth skin you desire and to have a more effective hair removal experience.</p> <p>Exfoliating your skin does not need to be expensive. You can make your own concoction by using ingredients you most likely have sitting in your cupboards at home.</p> <p>Salt or Sugar and sunflower oil.</p> <p>Feel free to add your own ingredients to suit the want and needs of your body. The scrub will not only be remove dead skin cells, but will leave your body feeling soft and rejuvenated.</p> <p><b>See our top tips videos in the Beauty Room on our site</b></p>	<p>You are half way through and should be noticing permanent hair reduction already!</p> <p><b>MOISTURISATION</b></p> <p>You do not have to moisturise because SmoothSkin Gold will not dry your skin but your skin is delicate and so keeping it hydrated is important. It is best to moisturise daily to keep your skin soft and supple.</p> <p>If you want to moisturise your skin after you have treated, then a simple Vaseline based moisturiser would be perfectly fine to help soothe the skin. Try to avoid any perfumed creams as the treated area may be sensitive.</p> <p><b>See our top tips videos in the Beauty Room on our site</b></p>

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Week 7	Week 8	Week 9
<p>Tick tock.</p> <p>If you are worried about time, don't worry, Glide Mode is a unique feature which means you can treat large areas quickly.</p> <p><b>See our top tips videos in the Beauty Room on our site</b></p> <p>LEGS</p> <p>If you are treating your legs for example, you can easily use Glide Mode. The legs may seem like they are too big to treat, but it only takes approximately 16 minutes to treat both (lower and upper) legs.</p>	<p>Not long left to go until you are permanently hair free.</p> <p>As we are getting closer to the summer period, the sun will (hopefully) be shining bright. However, this means you need to protect the areas you have been treating.</p> <p>Why not try:</p> <ul style="list-style-type: none"> <li>- A simple sun cream with UV</li> <li>- Covering the treated areas</li> </ul> <p>That being said, we all know that the UK is not the hottest place on earth. So if you are thinking of wearing gradual building self tan wait 7 days before you apply.</p> <p>Remember, if you are self tanning you will have to wait 7 days before using SmoothSkin Gold. You also need to wait 7 days after sun exposure.</p>	<p>You can probably use SmoothSkin Gold without a second thought which is great. Here are few reminders for when you are treating.</p> <p>Make sure that when you are treating, you are avoiding any large freckles and/or moles that you may have on your body.</p> <p>To ensure maximum performance of your SmoothSkin Gold, it is particularly important to keep the Treatment Window Reflector free from dirt, hair or other debris.</p> <p>To help in the cleaning of this part, the front section is removable from the handset. Once removed, it can be cleaned with a slightly damp cloth. Always ensure the removable front is completely dry before re-fitting to the handset.</p>
Week 10	Week 11	Week 12
<p>Now that your SmoothSkin Gold routine is in full swing, why not treat yourself to a body massage to flush out excess water and waste toxins.</p> <p>This massage works wonders in helping to firm the skin for the Summer season. We recommend that you enjoy a massage before your weekly treatment, just in case the treated areas are a little sensitive to pressure.</p>	<p>You are almost there.</p>	<p>Woo-hoo.</p> <p>You've done it!</p> <p>You will now notice permanent hair reduction on the areas you are treating.</p> <p>If you still have a few hairs growing through then we advise continuing treatments monthly or as required.</p> <p>Now go and enjoy the rest of the summer.</p>

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