



**no!**  
**no!**  
SKIN

# User Manual

Instructions for Use & Technical Description  
Professional acne treatment for personal use



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# Safety Instructions

## Electrical Safety

As with any electrical device, certain precautions are necessary in order to ensure your safety.

READ ALL INSTRUCTIONS BEFORE USING **no!no! Skin** ALL WARNINGS AND CAUTIONS SHOULD BE STRICTLY FOLLOWED

DANGER - To reduce the risk of serious injury from electric shock:

- Do not reach for **no!no! Skin** if it has fallen into water during charging. Unplug the charger immediately.
- Do not place or store **no!no! Skin** near a sink or bathtub.
- Do not place in or near water or other liquids.
- Always unplug the **no!no! Skin** from its charger before use, cleaning or maintenance.

WARNING & PRECAUTIONS - To reduce the risk of burns, fire, electric shock or injury:

- Use this device only for its intended use as described in this manual.
- Keep out of reach of children.
- Provide adult supervision when used by children under the age of 14.
- Do not submerge in water or allow **no!no! Skin** to become wet in any way.
- Do not use the device or the charger unit if they are damaged in any way, do not work properly, were dropped into water or are wet. Return the damaged part to a service center for examination or repair.

- Only use **no!no! Skin** with its original charger.
- Do not use an extension cord with the charger.
- Keep **no!no! Skin** away from inflammable environments and hot surfaces such as stoves and radiators.
- Do not use **no!no! Skin** near or rest it on flammable objects such as paper or cloth, etc.
- Do not open the outer casing of **no!no! Skin**. This will void your warranty and may damage the unit.

## CAUTIONS

- If you have any skin condition, consult your doctor before using **no!no! Skin**.
- Do not use **no!no! Skin** if you have been using Accutane or any photosensitizing medications in the past 6 months. Check the medication label and/or consult your doctor.
- Do not use **no!no! Skin** if you suffer from epilepsy.
- If you are pregnant, please consult your physician before using **no!no! Skin**
- Do not use **no!no! Skin** if you were exposed to strong sunlight or an artificial tanning device in the past month
- Do not use **no!no! Skin** if you have an active implant, such as a pacemaker, incontinence device, insulin pump, etc.
- Do not use **no!no! Skin** on sunburned skin, rashes, open cuts and sores, bruises, blisters, moles birthmarks, pigmented lesions - like sun spots, age spots and raised areas such as scars.

- **no!no! Skin** is for personal use only .
- Do not look directly at the light coming from the opening.
- Do not use **no!no! Skin** on or near the eyes.
- Do not point **no!no! Skin** so it emits a light pulse into the air.
- Always keep the treatment tip pointed at and in full contact with the skin during pulsing.
- If, during the pulse sequence, **no!no! Skin** feels too hot, remove it immediately from your skin and allow it to cool.
- Stop treatment if you experience full redness of the skin, blistering or burns.
- In case of burns, apply first aid treatment.
- Before using **no!no! Skin**, make sure your skin's surface is completely dry: no deodorants, no lubricants, no liquids, no creams, no gels, no water - should be applied to the skin surface.
- Only use **no!no! Skin** for the purposes described in this user manual and according to the treatment instructions.

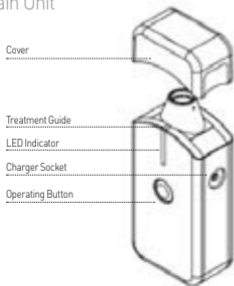
KEEP THESE OPERATING INSTRUCTIONS FOR FUTURE REFERENCE.

## Meet **no!no! Skin**

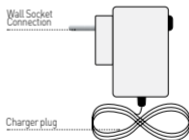
**no!no! Skin** puts the power and precision of professional acne phototherapy safely into the palm of your hand. **no!no! Skin** is the quick way to treat individual pimples caused by mild to moderate acne. Simply put the treatment tip over your pimple and push the button.

no warm-up time, no mess and no stress – **no!no! Skin** helps keep acne under control

### Main Unit



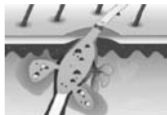
### Charger



## The Pimple Problem

### Anatomy of a pimple

Acne comes in many shapes and sizes. It starts when a build up of oil clogs your pores, trapping dead cells and oil beneath the surface of the skin. This creates an oxygen free environment ideal for the growth of Propionibacterium (*P.acnes*), the leading cause of acne. (Figure 1)



(1)

### no!no! Skin & LHE technology

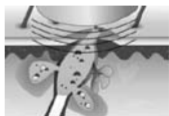
**no!no! Skin** is based on LHE technology, used by skin care specialists throughout the world.

**no!no! Skin** combines the healing powers of light and heat to accelerate the healing process of mild to moderate acne sores. Green light, red light and heat reach deep into the pore to stop acne at its source.



(2)

Green and red light reach deep into the pore. This begins a process to destroy the *P.acnes*. (Figure 2)



(3)

Additional heat speeds up the process. It gently opens the pore, soothes inflammation and reduces swelling. (Figure 3)

## Know Before You **no!no! Skin**

- Treat yourself in front of a mirror.
- The recommended treatment schedule is two sessions a day, 6-12 hours apart until the pimple heals.
- Treat only one pimple at a time.
- Treat each pimple twice per session.
- Wait 5 seconds before treating the pimple a second time
- One treatment lasts 10 seconds.
- A single beep will sound to signal the start of treatment.
- A double beep will sound to signal the end of treatment.
- A light will flash for the duration of the treatment.
- You may treat as many pimples as you want during each session.

## Acne Level Chart

**no!no! Skin** is meant for the treatment of individual mild to moderate acne lesions only. Refer to the chart below to determine if **no!no! Skin** is right for you.

Acne type	Acne definition	Is <b>no!no! Skin</b> good for me?
Comedonal acne	Blackheads and whiteheads with slight inflammation (red)	No
Mild acne	Several papules (pimples) with inflammation	<b>Yes</b>
Moderate acne	Many papules & pustules (with pus) with inflammation	<b>Yes</b>
Severe acne	Inflamed papules and pustules with several deep nodular and cystic lesions (hard knots under the skin)	No

## Charging the **no!no! Skin**

Charge **no!no! Skin** overnight before using it for the first time.

For safety reasons, your **no!no! Skin** will not operate while plugged into the charger.

Please refer to the table below to understand the different meanings of the LED Indicator located at the bottom of the Treatment Guide.

LED Indicator	Meaning	Course of action
Blinking Orange	Charging	
Steady Green	Fully charged	
3 Long Beeps	Low battery	Need to charge, but can still operate
Steady Orange for 10 seconds	Very low battery	Charge immediately, will not work

## Operating Instructions

**no!no! Skin** helps speed the healing process of mild to moderate inflammatory acne. A patented treatment tip provides therapeutic light and heat to the body.

**no!no! Skin** can be used on the face, arms, back, and chest.

### Important Notes:

- Your skin must be clean and completely dry before use.
- **no!no! Skin** must be charged overnight before initial use.
- For safety reasons, **no!no! Skin** will not operate when plugged into the charger.
- Test **no!no! Skin** on your arm before applying it to your face to become familiar with the pulsing sensation.
- Treat only areas that are currently affected with acne.
- Treat each pimple individually.
- Treat each pimple twice before proceeding to the next pimple.


- 
1. Unplug the charger from the electrical outlet.
  2. Disconnect **no!no! Skin** from the charger.
  3. Remove the cover.
  4. Look in a mirror when treating the face area or any other area that you do not have a direct view of.
  5. Using the Treatment Guide, line up the **no!no! Skin** treatment tip to the pimple.
  6. Place **no!no! Skin** directly against the pimple and in full contact with your skin .
  7. Press the button. A beep will sound to signal the start of treatment.
  8. Keep **no!no! Skin** in full contact with the pimple for the entire treatment (10 seconds). *NOTE: If at any time during the treatment tip feels too hot, remove it and press the button to end the sequence.*
  9. Treatment is complete when **no!no! Skin** emits a double beep.
  10. Wait 5-10 seconds and treat the same pimple again.
  11. After treating one pimple twice, you may continue to treat additional pimples if necessary.

## Cleaning Instructions

In order to prevent infection, thoroughly clean the **no!no! Skin** treatment tip before and after each use, especially if used by more than one person.

Dip a clean piece of gauze or cloth into rubbing alcohol and gently wipe the treatment tip. Be sure the treatment tip is completely dry before the next use.

## Technical Specifications

Light Source .....	Halogen Lamp with Light & Heat Energy (LHE)
Wavelength Range.....	480 – 2000 nm
Fluence .....	6J/cm <sup>2</sup>
Pulse Train.....	20 pulses per application
Treatment Area.....	0.5 cm <sup>2</sup>
Treatment Time.....	10 seconds
Classification.....	 Internally Powered Equipment, Type BF
Mode of Operation.....	Short-time Operation
Operating Conditions .....	Ambient Temperature: +5°-35°
Electrical Requirements for Battery Charger .....	Electrical Input Voltage 100 – 240VAC at 50/60Hz.

## Troubleshooting

**no!no! Skin** was designed to give you a trouble-free method to deal with acne. However, from time to time, problems may appear.

What do I do if...

### **my no!no! Skin does not emit a pulse?**

Check the power indicator to make sure your **no!no! Skin** has been fully charged. Recharge the unit.

### **I've charged my no!no! Skin, but the power indicator remains at low and it won't emit a pulse?**

- Check the charger's power cord and plugs for damage. Try another outlet, the one you were using may not be working properly.
- If a problem persists, or one that is not mentioned occurs, contact a **no!no! Skin** service center

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The CE mark presents the compliance to the European Medical Device Directive 93/42/EEC, Class IIa device.

The number [0344] is of the certifying body KEMA Notified Body

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