

English 5
简体中文 18

Welcome

Welcome to the beauty world of Lumea! You are only a few weeks away from silky-smooth skin.

Philips Lumea uses Intense Pulsed Light (IPL) technology, known as one of the most effective methods to continuously prevent hair regrowth. In close cooperation with licensed dermatologists we adapted this light-based technology, originally used in professional beauty salons, for easy and effective use in the safety of your home. Philips Lumea is gentle and offers convenient and effective treatment at a light intensity that you find comfortable. Unwanted hairs are finally a thing of the past. Enjoy the feeling of being hair-free and look and feel amazing every day.

To fully benefit from the support that Philips offers, register your product at www.philips.com/welcome. For further information, please go to www.philips.com/lumea to find our experts' advice, tutorial videos and FAQs and make the most of your Lumea.

Device overview

- 1 Light exit window with integrated UV filter
- 2 Body attachment
- 3 Reflector inside the attachment
- 4 Integrated safety system
- 5 Electronic contacts
- 6 Flash button
- 7 Opening for electronic contacts
- 8 On/off button
- 9 Intensity lights (1-5)
- 10 'Ready to flash' light
- 11 Air vents
- 12 Device socket
- 13 Adapter
- 14 Small plug

Who should not use Lumea? Contraindications

- Never use the device if you have skin type V and VI (You rarely to never sunburn, very dark tanning). In this case you run a high risk of developing skin reactions, such as hyperpigmentation and hypopigmentation, strong redness or burns.



- Never use the device if you are pregnant or breast feeding as the device was not tested on pregnant or breast feeding women.
- Never use the device if you suffer from any of the diseases listed below:
 - If you have a skin disease such as active skin cancer, you have a history of skin cancer or any other localized cancer in the areas to be treated.

- If you have pre-cancerous lesions or multiple atypical moles in the areas to be treated.
- If you have a history of collagen disorder, including a history of keloid scar formation or a history of poor wound healing.
- If you have a history of vascular disorder, such as the presence of varicose veins or vascular ectasia in the areas to be treated.
- If your skin is sensitive to light and easily develops a rash or an allergic reaction.
- If you have infections, eczema, burns, inflammation of hair follicles, open lacerations, abrasions, herpes simplex, wounds or lesions and haematomas in the areas to be treated.
- If you have had surgery in the areas to be treated in the last three weeks.
- If you have epilepsy with flashlight sensitivity.
- If you have diabetes, lupus erythematoses, porphyria or congestive heart disease.
- If you have any bleeding disorder.
- If you have a history of immunosuppressive disease (including HIV infection or AIDS)
- Never use the device if you take any of the medications listed below:
 - If your skin is currently being treated with or has recently been treated in the past week with Alpha-Hydroxy Acids (AHAs), Beta-Hydroxy Acids (BHAs), topical isotretinoin and azelaic acid.
 - If you have taken any form of isotretinoin Accutane or Roaccutane in the last six months. This treatment can make skin more susceptible to tears, wounds and irritations.
 - If you are on painkillers which reduce the skin's sensitivity to heat.
 - If you are taking photosensitising agents or medications, check the package insert of your medicine and never use the device if it is stated that it can cause photo-allergic reactions, photo-toxic reactions or if you have to avoid sun when taking this medicine.
 - If you 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.
- If you take immunosuppressive medications.
- Never use the device on the following areas:
 - On the face.
 - On nipples, areolas, labia minora, vagina, anus and the inside of the nostrils and ears.
 - Men must not use it on the scrotum and face.
 - Over or near anything artificial like silicone implants, pacemakers, subcutaneous injection ports (insulin dispenser) or piercings.
 - On moles, freckles, large veins, darker pigmented areas, scars, skin anomalies without consulting your doctor. This can result in a burn and a change in skin color, which makes it potentially harder to identify skin-related diseases.
 - On warts, tattoos or permanent make-up. This can result in a burn and a change in skin color.

- On areas, where you use long-lasting deodorants. This can result in skin reactions.
- Never use the device on sunburned, recently tanned or fake-tanned skin.

Note: This list is not exhaustive. If you are not sure whether you can use the device, we advise you to consult a doctor.

Important

Danger



- Keep the device and the adapter dry.
- If the device is broken, do not touch any inner part to avoid electric shock.
- Never insert any objects into the device.

Warning

- This device is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, unless they have been given supervision or instruction concerning use of the device by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the device.
- The device is not intended for children under the age of 15 years. Teenagers aged between 15 and 18 years can use the device with the consent and/or assistance of their parents or the persons who have parental authority over them. Adults of 18 years and older can use the device freely.
- Always check the device before you use it. Do not use the device or adapter if it is damaged. Always replace a damaged part with one of the original type.
- The adapter contains a transformer. Do not cut off the adapter to replace it with another plug, as this causes a hazardous situation.
- Do not use the device if the UV filter of the light exit window is broken.

Caution

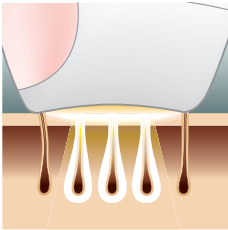


- This device is not washable. Never immerse the device in water and do not rinse it under the tap.
- For hygienic reasons, the device should only be used by one person.
- Use the device only at settings suitable for your skin type. Use at higher settings than those recommended can increase the risk of skin reactions and side effects.
- Only use the device for its intended purpose as shown in the user manual.
- Never use compressed air, scouring pads, abrasive cleaning agents or aggressive liquids such as petrol or acetone to clean the device.
- Always return the device to a service centre authorised by Philips for examination or repair. Repair by unqualified people could cause an extremely hazardous situation for the user.

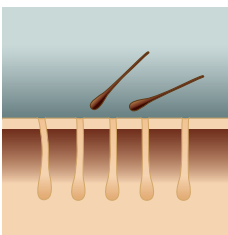
Electromagnetic fields (EMF)

This Philips device complies with all applicable standards and regulations regarding exposure to electromagnetic fields.

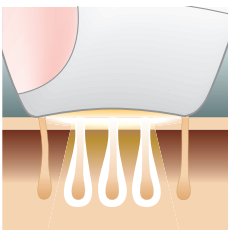
How IPL works



With IPL technology, gentle pulses of light are applied to the skin and absorbed by the hair root. The darker the hair, the better the pulses of light are absorbed.



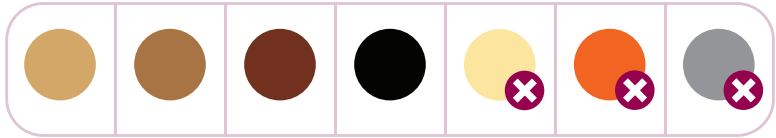
The pulses of light stimulate the hair follicle to go into a resting phase. As a consequence, the hair sheds naturally and hair regrowth is prevented, leaving your skin continuously silky-smooth.



The cycle of hair growth consists of different phases. IPL technology is only effective when the hair is in its growing phase. Not all hairs are in the growing phase at the same time. This is why we recommend an 8-week treatment schedule followed by touch-ups to make sure all hairs are effectively treated in the growing phase.

Note: Treatment with Lumea is not effective if you have light blond, blond as light hairs do not absorb enough light. Below you can see the hair colors for which Lumea is suitable and effective.

Suitable body hair colors



What to expect

Immediately after the 1st treatment

After the first treatment, it can take 1 to 2 weeks for the hairs to fall out. In the first weeks following the initial treatments, you still see some hairs growing. These are likely to be hairs that were not in their growing phase during the first treatments.

After 2-3 treatments

After 2-3 treatments, you should see a noticeable reduction in hair growth. However, to effectively treat all hairs, it is important to keep on treating according to the recommended treatment schedule.

After 4-5 treatments

After 4-5 treatments, you should see a significant reduction of hair growth in the areas that you treated with Lumea. A reduction of hair density should be visible as well. Keep on treating with frequent touch-ups (every 4-8 weeks) to maintain the result.

Tanning advice

Tanning with natural or artificial sunlight



Intentionally exposing your skin to natural or artificial sunlight with the aim of developing a tan influences the sensitivity and color of your skin.

Therefore the following is important

- After each treatment, wait at least 48 hours before tanning. Even after 48 hours, make sure that the treated skin does not show any redness from the treatment anymore.
- In case of exposing your skin to the sun (without tanning intentionally) in the 48 hours after treatment, use a sunblock SPF 50+ on the treated areas. After this period, you can use a sunblock SPF 30+ for two weeks.
- After tanning, wait at least 2 weeks before you use Lumea. Perform a skin test to determine the appropriate light intensity setting.
- Do not use Lumea on sunburned body areas.

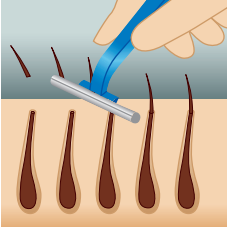
Note: Occasional and indirect sun exposure does not qualify as tanning.

Tanning with creams

If you have used an artificial tanning lotion, wait until the artificial tan has disappeared completely before you use the device.

Before you use your Lumea

Pretreating your skin



Before you use Lumea, you should pretreat your skin by removing hairs on the surface of your skin. This allows the light to be absorbed by the hair parts below the skin surface to ensure effective treatment. You can either shave, short-trim, epilate or wax. Do not use depilatory creams, as chemicals may cause skin reactions.



If you chose to wax, please wait 24 hours before using Lumea to let your skin rest. We recommend that you take a shower before the treatment to ensure that all possible residue of wax has been removed from your skin.

- 1 Pretreat the areas you intend to treat with Lumea.
- 2 Clean your skin and make sure it is hair-free, entirely dry and free from oily substances.

Note: Once the hairs stop growing back, which usually happens after 4-5 treatments, you no longer have to pretreat your skin before you use the device.

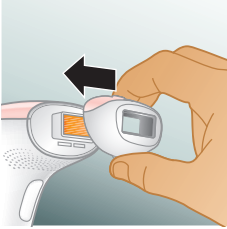
Skin test

When you use Lumea for the first time or after recent tanning, perform a skin test on each area to be treated. The skin test is necessary to check your skin's reaction to the treatment and to determine the correct light intensity setting for each body area.

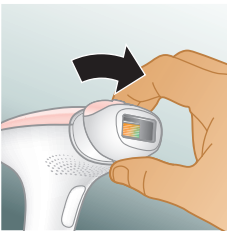
- 1 Choose an area close to the area you intend to treat.
- 2 Turn on the device. Make sure you select setting 1.
- 3 Put the device against your skin and press the flash button to release a flash.
- 4 Slide the device over the skin to the next area to be treated.
- 5 Increase the setting by one level, apply a flash and slide the device to the next area. Repeat this for all levels within the recommended range for your skin type.
- 6 After the skin test, wait 24 hours and check your skin for any reaction. If your skin shows reactions, choose the highest setting that did not result in any skin reaction for subsequent use.

Using your Philips Lumea

Placing and removing



To place the attachment, simply snap it onto the light exit window.



To remove the attachment, pull it off the light exit window.

Selecting the right light intensity

Lumea provides 5 different light intensities. Depending on your skin type and light intensity level you find comfortable, you can select the right light intensity setting.

- 1 Consult the table below to select the right setting.
- 2 To adjust the light intensity setting, press the on/off button one or more times until you have reached the required setting. The corresponding intensity light lights up white.
- 3 Lumea should never be painful. If you experience discomfort, reduce the light intensity setting.
- 4 After recent tanning, perform a skin test to determine the right light intensity setting.



| Skin type | Skin tone | Light intensity setting |
|-----------|---|-------------------------|
| I | White; You always sunburn, never tan. | 4/5 |
| II | Beige; You easily sunburn, tan minimally. | 4/5 |
| III | Light brown; You sunburn easily, tan slowly to light brown. | 4/5 |
| IV | Mid brown; You rarely sunburn, tan easily. | 3/4 |

12 English

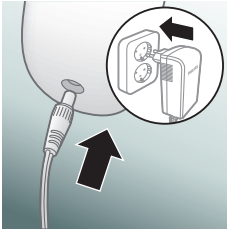
V Dark brown; You rarely sunburn, You cannot use the device
tan very easily.

VI Brownish black or darker; You rarely or never sunburn, very
dark tanning. You cannot use the device

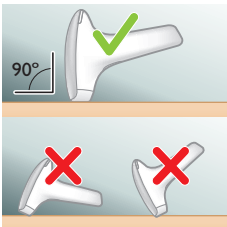


Note: Your skin may react differently on different days/occasions for a number of reasons.

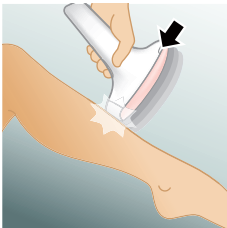
Handling the device



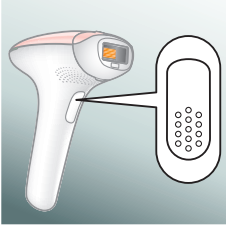
- 1 Before use, clean the attachment and the light exit window.
- 2 Put the small plug in the device and put the adapter in the wall socket.
- 3 Switch on the device and select the right light intensity for your skin tone.



- 4 Place the device at a 90° angle on the skin so that the attachment and the integrated safety system are in contact with your skin
The integrated safety system prevents unintentional flashing without skin contact.



- 5 Press the device firmly onto your skin to ensure proper skin contact. The 'ready to flash light' on the back of the device lights up green to indicate that you can proceed with the treatment.



- 6 Press the flash button to release a flash. You should feel a warm sensation because of the flash.

Note: The light produced by the device is harmless to your eyes. It is not necessary to wear goggles during use. Use the device in a well-lit room so that the light is less glaring to your eyes.

- 7 Place the device on the next area to be treated. After each flash, it takes up to 3.5 seconds until the device is ready to flash again. You can release a flash when the 'ready to flash' light lights up again.



- 8 To make sure that you have treated all areas, release the flashes close to each other. Effective light only comes out of the light exit window, therefore there should be some overlap. However, make sure you flash the same area only once. Flashing the same area twice doesn't improve the effectiveness of the treatment, but increases the risk of skin reactions.
- 9 When you have finished the treatment, press and hold the on/off button for 2 seconds to switch off the device.

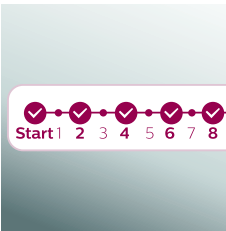
Stamp & Flash

The Stamp & Flash mode is ideal to treat small or curvy areas like knees and underarms. Simply press and release the flash button to release a single flash.

Recommended treatment schedule

Initial phase

For the first 4 to 5 treatments, we advise you to use Philips Lumea once every two weeks to ensure that all hairs are treated.

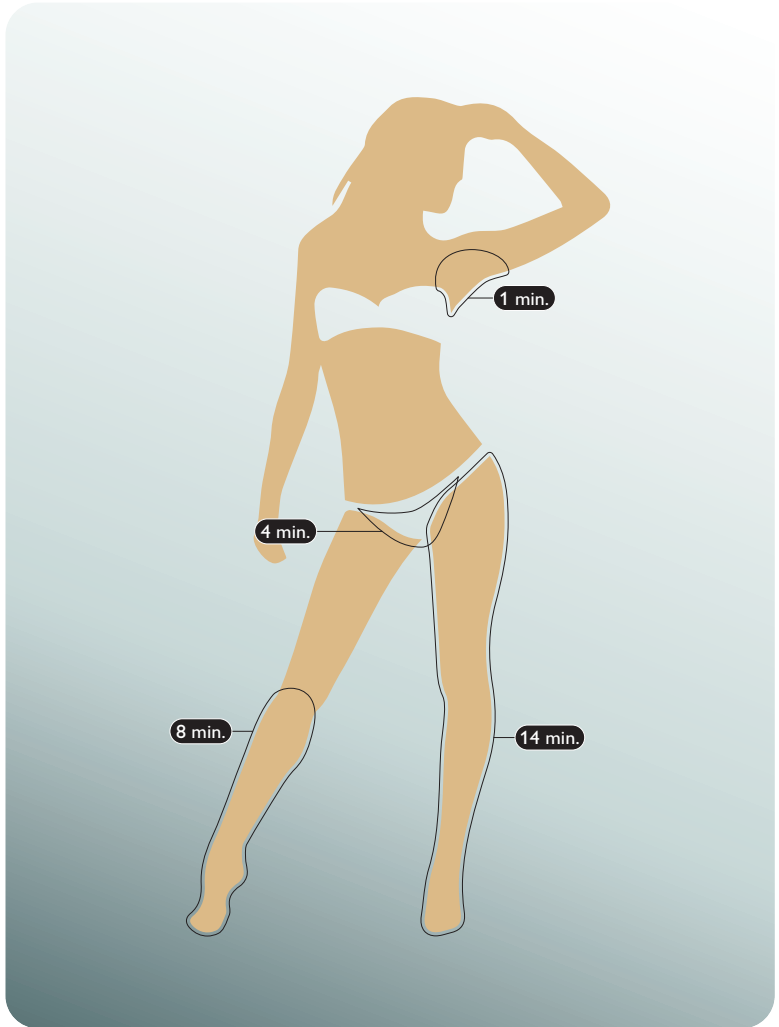


Touch-up phase

After the initial treatment phase (4-5 treatments), we recommend touch-ups every 4 to 8 weeks, when you see hairs growing back. This is to maintain results and enjoy smooth skin for months. The time between treatments may vary based on your individual hair regrowth and also across different body areas.



Treatment time per area



After use

Common skin reactions

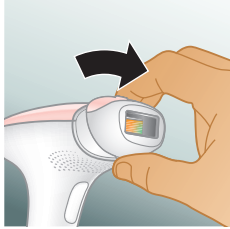
Your skin may show slight redness and/or may prickle, tingle or feel warm. This reaction is absolutely harmless and disappears quickly.

Dry skin and itching may occur due to shaving or a combination of shaving and light treatment. You can cool the area with an ice pack or a wet face cloth. If dryness persists, you can apply a non-scented moisturizer on the treated area 24 hours after the treatment.

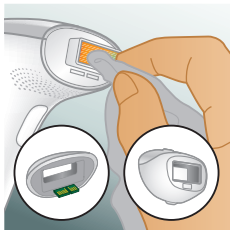
Aftercare

After use, you can safely apply lotions, creams, deodorant, moisturizer or cosmetics to the treated areas. If you experience skin irritation or skin redness after treatment, wait until it disappears before applying any product to your skin. If you experience skin irritation after applying a product to your skin, wash it off with water.

Cleaning & storage



- 1 After use, switch off the device, unplug it and let it cool down.
- 2 Remove the attachment.



- 3 Moisten the soft cloth supplied with the device with a few drops of water and use it to clean the following parts:
 - the light exit window
 - the outside surface of the attachment
 - the reflector inside the attachment
- 4 Let all parts air dry thoroughly.
- 5 Store the device in a dust-free and dry place at a temperature between 0 °C and 60 °C.

Guarantee and support

If you need information or support, please visit www.philips.com/support or read the separate worldwide guarantee leaflet.

Recycling

- Do not throw away the product with the normal household waste at the end of its life, but hand it in at an official collection point for recycling. By doing this, you help to preserve the environment.

Technical specifications

| | |
|-----------------|-----------|
| Rated voltage | 100V-240V |
| Rated frequency | 50Hz-60Hz |
| Rated input | 36W |

16 English

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|-----------------------------------|---|
| Protection against electric shock | Class II |
| Protections rating | IP 30 (EN 60529) |
| Operating conditions | Temperature: +15 °C to 35 °C Relative humidity: 30% to 95% |
| Spectrum of body attachment | >530nm |

Troubleshooting

This chapter summarizes the most common problems you could encounter with the device. If you are unable to solve the problem with the information below, visit www.philips.com/support for a list of frequently asked questions or contact the Consumer Care Center in your country.

| Problem | Possible cause | Solution |
|---|--|--|
| The device/adapter becomes warm during use | This is normal. | No action required. |
| The 'ready to flash light' doesn't light up when I place the attachment on my skin, but the cooling fan works. | The overheat protection has been activated. | When the overheat protection has been activated, the fan still works. Do not switch off the device, but let it cool down for approx. 15 minutes before you continue to use it. |
| The 'ready to flash light' lights up green but the device does not produce a flash when I press the flash button. | The device needs to be reset. | To reset the device, switch it off and switch it on again. |
| I cannot increase or decrease the light intensity settings/All intensity lights are blinking alternately | The device needs to be reset. | To reset the device, switch it off and switch it on again. |
| The device produces a strange smell. | The attachment or the filter glass is dirty. You have not removed the hairs on the area to be treated properly. These hairs may get burned and can cause the smell. | Clean the attachment carefully. Pretreat your skin before you use Lumea. |

| Problem | Possible cause | Solution |
|---|---|---|
| The skin feels more sensitive than usual during treatment/ I experience an unacceptable pain sensation when I use the device. | The light intensity setting you use is too high. | Check if you have selected the right light intensity setting. If necessary, select a lower setting. |
| | You did not remove the hairs on the areas to be treated. | Pretreat your skin before you use Lumea. |
| | The UV filter of the light exit window is broken. | If the UV filter is broken, do not use the device anymore. Contact the Consumer Care Center in your country, your Philips dealer or a Philips service center. |
| | You treated an area for which the device is not intended. The appliance is not suitable for skin colour | Never use the device on the following areas: the face, inner labia, anus, nipples, areolas, lips, inside the nostrils and ears, around the eyes and near the eyebrows. Men must not use it on the face, neck or on the scrotum. |
| The skin reaction after treatment lasts longer than usual. | The device is not suitable for your skin. | Do not use the device if you have skin type VI or V, a brownish black or darker skin tone. |
| | You have used a light intensity setting which is too high for you. | Select a lower intensity next time. See chapter 'Using your Philips Lumea', section 'Selecting the right light intensity'. |
| The results of the treatment are not satisfactory. | You have used a light intensity setting which is too low for you. | Select a higher setting next time. |
| | You did not flash an area adjacent to an area you treated before. | You have to release the flashes close to each other. |
| | The device is not effective on your body hair color. | If you have light blond, blond, or red hair, the treatment is not effective. |
| | You do not use the appliance as often as recommended. | To remove all hairs successfully, we advise you to follow the recommended treatment schedule. You can reduce the time between treatments, but do not treat more often than once every two weeks. |
| | You respond more slowly to IPL treatment. | Continue using the device for at least 6 months, as hair regrowth can still decrease over the course of this period. |
| My body attachment does not have an integrated glass/filter/window. | This is normal. | The body attachment does not contain a glass/filter/window. |

欢迎

欢迎来到 Lumea 的美容世界！只需几周您就能获得如丝般光滑的皮肤。

飞利浦 Lumea 采用强脉冲光 (IPL) 技术，这是一种为我们所知的最有效的持续防止毛发再生的方法之一。通过与执业皮肤科专家密切合作，我们对这种最初用于专业美容沙龙的光学技术进行了改进，使您可以在自己的家中安全、便捷、有效地使用这种技术。飞利浦 Lumea 光照柔和，照射便捷、有效，光强让人感觉非常舒适。多余的毛发最终将不复存在。让您尽享摆脱毛发的愉悦感受，每天焕发迷人光彩。

为了您能充分享受飞利浦提供的支持，请在下面的页面注册您的产品 www.philips.com/welcome。有关具体信息，请转到 www.philips.com/lumea 查阅专家建议、教学视频和常见问题解答，了解如何充分利用您的 Lumea。

设备概述

- 1 带集成式紫外线滤光器的透光窗口
- 2 身体修剪附件
- 3 附件内部的反光镜
- 4 集成式安全系统
- 5 电子触点
- 6 闪光按钮
- 7 电子触点开口
- 8 开/关按钮
- 9 光强 (1-5)
- 10 闪光指示灯
- 11 透气孔
- 12 设备插座
- 13 适配器
- 14 小插头

哪些人不应使用 Lumea？禁忌

- 如果您是 V 和 VI 皮肤类型（很少甚至从不会晒伤，深黑色），切勿使用本设备。在这种情况下，发生皮肤反应的风险非常高，例如色素沉着和色素减退、严重发红或灼伤。



- 由于本设备未针对孕妇或哺乳期妇女进行测试，孕妇或哺乳期妇女切勿使用本设备。
- 患有下列任何疾病的人员切勿使用本设备：
 - 需要照射的部位患有皮肤病（如活性皮肤癌），或曾患有皮肤癌或任何其他局部癌症。
 - 在需要脱毛的身体部位患有癌前病变或多发性、非典型性葡萄胎。
 - 曾患有胶原代谢紊乱，包括瘢痕瘤形成史或伤口愈合不良史。
 - 曾患有血管疾病，如在照射部位患有静脉曲张或血管扩张症。
 - 您的皮肤对光敏感且容易产生皮疹或过敏反应。
 - 需要照射的部位患有感染、湿疹、烧伤、毛囊炎、开放性撕裂伤、擦伤、单纯疱疹、伤口或病变和血肿。
 - 需要照射的部位在最近三周内动过手术。

- 患有闪光过敏性癫痫症。
- 患有糖尿病、红斑狼疮、卟啉症或充血性心力衰竭。
- 患有任何出血病症。
- 曾患有抑制免疫反应疾病（包括 HIV 感染或艾滋病）
- 使用下列任何药物的人员切勿使用本设备：
 - 皮肤目前或在过去一周内使用了果酸 (AHA)、水杨酸 (BHA)、外用异维 A 酸和杜鹃花酸。
 - 在最近六个月内曾使用任何形式的异维 A 酸 Accutane 或 Roaccutane。此照射会使皮肤更容易裂开、损伤及刺痛。
 - 如果您服用了会降低皮肤对热的敏感性的止痛药。
 - 如果您正在使用光敏剂或光敏药物，请检查药物的包装说明书，如果其中明确指出该药物可能造成光过敏反应、光毒性反应或在使用该药物时要避免日晒，切勿使用本设备。
 - 如果使用抗凝血药物，包括大量使用阿司匹林，要求在每次处理前至少一周不得冲洗伤口。
- 服用了免疫抑制药。
- 切勿在以下部位使用本设备：
 - 面部。
 - 乳头、乳晕、小阴唇、阴道和肛门上以及鼻孔和耳朵内侧。
 - 男士切勿在阴囊和面部使用本产品。
 - 在任何人造植入物之上或附近，如硅植入物、心脏起搏器、皮下注射针头（胰岛素分配器）或穿洞。
 - 在未咨询医生的情况下在痣、雀斑、大静脉、色素较深的部位、疤痕、皮肤异常的部位使用。这可能会引起皮肤灼伤和颜色改变，从而可能会更准确诊断皮肤相关疾病。
 - 在疣体、纹身或永久性妆饰上使用。这可能会造成灼伤和皮肤改变颜色。
 - 在使用了长效香体液的部位使用。这可能造成皮肤反应。
- 切勿在晒伤、近期做过美黑或伪美黑的皮肤上使用本设备。

注意：此列表并不详尽。如果您不确定是否可以使用本设备，建议您咨询医生。

注意事项

危险



- 使本设备和适配器保持干燥。
- 一旦设备损坏，请勿触摸任何内部部件，以免触电。
- 切勿将任何物体插入设备内部。

警告

- 本设备不适合由肢体不健全、感官或精神有障碍的人（包括儿童）使用，除非有负责他们安全的人对他们使用本设备进行监督或指导。
- 应照看好儿童，确保他们不摆弄本设备。
- 本设备不适合 15 周岁以下儿童使用。15 到 18 周岁的青少年可以在得到其父母或监护人的同意和/或协助的情况下使用本产品。18 周岁及以上的成年人可以自主使用本设备。
- 使用前，请务必检查本设备。如果本设备或适配器发生损坏，请勿再使用。请务必用原装型号更换损坏的部件。
- 适配器中包含一个变压器。请勿剪下适配器更换其他插头，否则将导致严重后果。
- 如果透光窗口的紫外线滤光器损坏，请勿再使用本设备。

警告

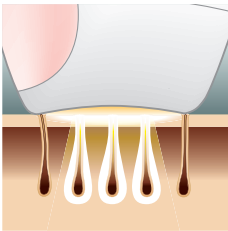


- 本设备不可水洗。请勿将设备浸入水中，也不要在水龙头下冲洗。
- 出于卫生考虑，此设备只应供一人使用。
- 请只在适合您皮肤类型的设置下使用本设备。使用高于推荐设置的设置可能增加皮肤反应和副作用的风险。
- 本设备只能用于用户手册中所示的原定用途。
- 切勿使用压缩气体、钢丝绒、研磨性清洁剂或汽油、丙酮等腐蚀性液体清洁本设备。
- 本设备应送往由飞利浦授权的服务中心检查或维修。由不合格人员进行维修可能将用户置于极度危险的境地。

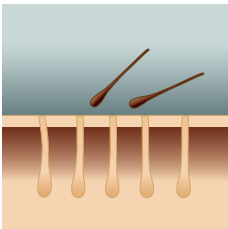
电磁场 (EMF)

本飞利浦设备符合所有有关暴露于电磁场的适用标准和法规。

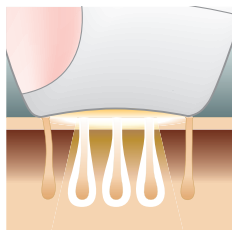
IPL 工作原理



在 IPL 技术的作用下，柔和的光脉冲照射在皮肤上并被发根吸收。毛发越黑，光脉冲的吸收就越好。



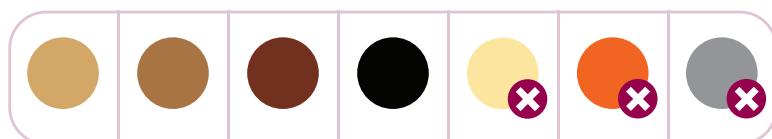
光脉冲能刺激毛囊进入休眠期。因此，毛发会自然脱落，从而防止毛发再生，让您的皮肤始终如丝般光滑。



毛发生长周期包含不同的阶段。IPL 技术仅在毛发处于生长阶段有效。并非所有毛发都同时处于生长阶段。为此，我们建议采用一个 8 周的照射方案，然后进行修剪以确保所有毛发在生长阶段得到有效照射。

注意：如果您的毛发为淡金色，使用 Lumea 照射不会有效果，因为浅色毛发不能吸收足够的光。下面列出了适合使用 Lumea 并有效果的毛发颜色。

适用的毛发颜色



预期效果

第一次照射后的即时效果

在第一次照射后，可能需要 1 到 2 周毛发才会脱落。在初次照射后的前几周内，您仍会看到一些毛发在生长。这些有可能是在第一次照射时未处于生长阶段的毛发。

照射 2-3 次后

照射 2-3 次后，您应该会看到毛发生长明显减少。但是，为有效地照射所有毛发，一定要根据推荐的照射方案持续照射。

照射 4-5 次后

照射 4-5 次后，您应该会看到用 Lumea 照射的部位毛发生长显著减少。还应看到毛发密度降低。在不断照射的同时应经常修剪（每隔 4-8 周）以保持效果。

美黑建议

自然光或人造光美黑



如果为了得到美黑效果而有意将皮肤暴露在自然光或人造光之下，可能影响皮肤的敏感度和颜色。因此，以下做法非常重要

- 每次照射后等待 48 小时再进行美黑。即便在 48 小时后，也应确保照射后的皮肤不再因照射而发红。
- 如果需要在照射后 48 小时内将皮肤暴露在阳光下（并非有意美黑），可以在照射部位涂抹 SPF 50+ 防晒霜。在这段时间过后，可以涂抹 SPF 30+ 防晒霜两周。
- 美黑后应至少等待 2 周再使用 Lumea。应进行皮肤测试以确定合适的光强设置。

- 请勿在晒伤的身体部位使用 Lumea。

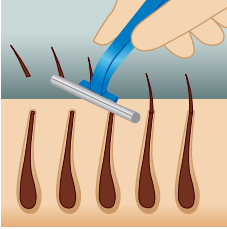
注意：偶尔和间接性的暴露在阳光下不应算是美黑。

乳霜美黑

如果您使用了人造美黑霜，应等到人造美黑霜完全消失后再使用本设备。

在使用 Lumea 前

皮肤预处理



在使用 Lumea 前，应对皮肤进行预处理，除去皮肤表面的毛发。这可以让皮肤表面下的毛发部分吸收光照以确保照射效果。您可以剃毛、剪短、脱毛或用蜡脱毛。请勿使用脱毛膏，因为化学制剂可能引起皮肤反应。



如果您选择用蜡脱毛，请等待 24 小时后再使用 Lumea，以便让皮肤得到休息。我们建议您在照射前先洗澡，以确保去除皮肤上所有可能残留的蜡。

1 对您希望使用 Lumea 照射的部位进行预处理。

2 清洁皮肤，确保皮肤上没有毛发、完全干燥并没有任何油性物质。

注意：当毛发停止再生后（通常在 4 到 5 次照射之后），使用本设备之前无需再对皮肤进行预处理。

皮肤测试

如果是首次使用 Lumea 或近期进行过美黑，应对每个准备照射的部位进行皮肤测试。之所以需要进行皮肤测试，是为了检查皮肤对照射是否存在反应，并确定每个身体部位的正确光强设置。

1 在待照射部位附近选择一个部位。

2 打开设备。确保选择设置 1。

3 将设备放在皮肤上，按下闪光按钮发出闪光。

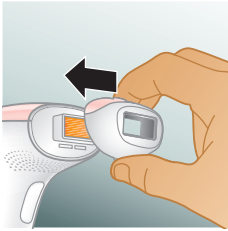
4 将设备贴着皮肤滑动至下一个需要照射的部位。

5 将设置提高一级，发出一次闪光，然后将设备滑动至下一个部位。对自己皮肤类型的推荐光强范围内的所有级别重复此操作。

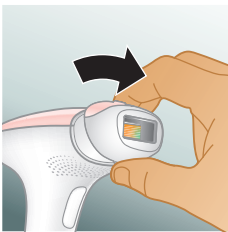
6 皮肤测试后，等待 24 小时，检查您的皮肤是否发生任何反应。如果您的皮肤出现反应，此后使用时请选择不会导致皮肤反应的最高设置。

使用飞利浦 Lumea

安装和取下



若要安装附件，只需将其按到透光窗口上即可。



若要取下附件，将其从透光窗口上拉下。

选择合适的光强

Lumea 提供 5 种不同的光强。您可以根据自己的皮肤类型和感觉舒适的光强级别选择合适的光强设置。

- 1 请参照下表选择合适的设置。
- 2 若要调节光强设置，请按开/关按钮一次或多次，直至达到所需的设置。相应的光强指示灯将亮起并发出白光。
- 3 在使用 Lumea 时不应有任何痛苦的感觉。如果您感觉不舒服，应降低光强设置。
- 4 如果近期做过美黑，应进行皮肤测试以确定合适的光强设置。



| 皮肤类型 | 肤色 | 光强设置 |
|------|--------------------------|------|
| I | 白色；总是被晒伤，不会变黑。 | 4/5 |
| II | 米色；容易被晒伤，会变成很浅的黑色。 | 4/5 |
| III | 浅褐色；容易被晒伤，美黑速度较慢，会变为浅褐色。 | 4/5 |
| IV | 中褐色；很少被晒伤，美黑较容易。 | 3/4 |

24 简体中文

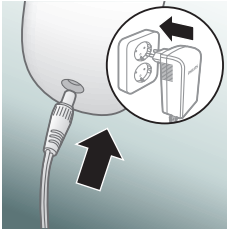
V 深褐色；很少被晒伤，美黑非常容易。 您无法使用本设备。

VI 棕黑色或更深的颜色；很少或从不会被晒伤，深黑色。 您无法使用本设备。



注意：由于各种原因的存在，您的皮肤可能因不同的照射天数/场合出现不同的反应。

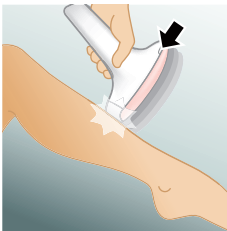
处理设备



- 1 使用前请清洁附件和透光窗口。
- 2 将小插头插入设备，然后将适配器插入墙上插座。
- 3 打开设备，根据您的肤色选择合适的光强。



- 4 将设备成 90°角放在皮肤上，使附件和集成式安全系统与皮肤接触。集成式安全系统可防止在未与皮肤接触时意外地闪光。



- 5 将设备紧靠在皮肤上，以确保与皮肤可靠地接触。当设备背面的“准备闪光”指示灯亮起并呈绿色时，表明您可以进行照射了。



6 按下闪光按钮发出一次闪光。由于闪光的缘故，您会感觉到微热。
注意：本设备发出的光对眼睛无害。使用时无需佩戴眼睛。请在光照条件良好的房间内使用本设备，以减少光线对眼睛造成的眩目感。

7 将设备置于下一个需要照射的部位。每次闪光后，设备需要 3.5 秒的时间才可以再次闪光。当“准备闪光”指示灯再次亮起时，您就可以发出闪光了。



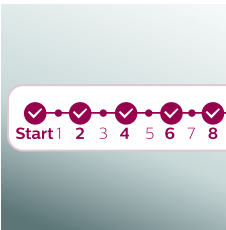
8 为确保照射到所有部位，应在相互靠近的部位发出闪光。由于只有透光窗口中发出的光有效，因此应有一定的重叠。但是，应确保对同一部位只闪一次光。对同一部位闪两次光并不会提高照射的效果，反而会增加皮肤反应的风险。

9 完成照射后，按住开/关按钮 2 秒钟关闭设备。

标记和闪光

标记和闪光模式非常适合照射膝盖和腋下等较小或 曲面部位。只需按下再松开 闪光按钮即可发出一次闪光。

推荐照射方案



初始阶段

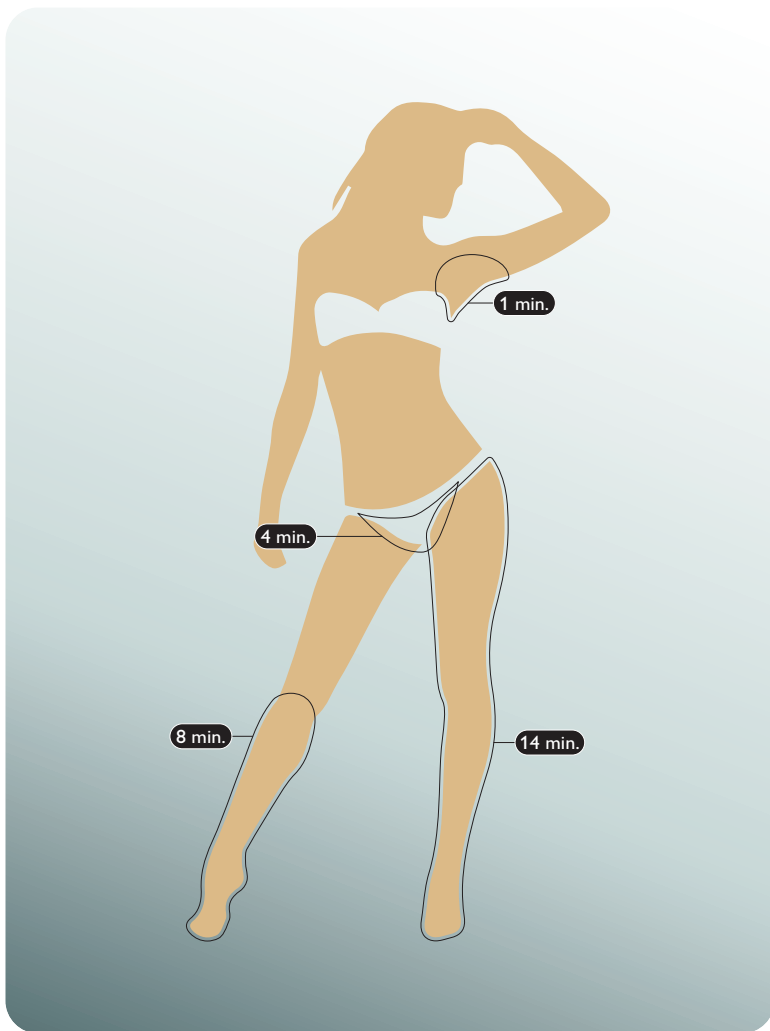
在进行前 4 到 5 次照射时，建议您每两周使用一次飞利浦 Lumea，以确保所有毛发得到照射。



修剪阶段

初始照射阶段（4-5 次照射）结束后，如果看到毛发重新生长，建议每隔 4 到 8 周进行修剪。这是为了保持效果并让皮肤数月保持光滑。照射的间隔时间可以根据个人毛发再生速度和不同的身体部位进行调整。

每个部位的照射时间



使用后

常见的皮肤反应

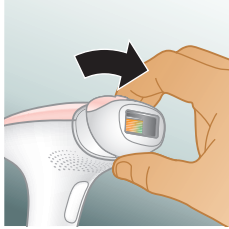
皮肤可能会轻微发红和/或感到刺痒、刺痛或温热。这种反应对身体完全无害，很快就会消失。

剃毛或剃毛和光子脱毛结合进行可能出现皮肤干燥和发痒。您可以使用冰袋或湿毛巾冷却此部位。如果干燥现象持续不消退，在照射 24 小时后可以在照射部位涂抹无香味润肤霜。

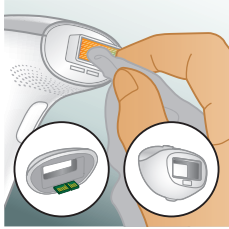
后期护理

在照射后，您可以在照射部位安全地涂抹乳液、乳霜、香体液、润肤膏或化妆品。如果您在照射后发生皮肤过敏或皮肤发红现象，应等到消除后再在皮肤上涂抹美容制品。如果在皮肤上涂抹美容制品后发生皮肤过敏现象，应用水冲掉美容制品。

清洁和存放



- 1 使用后应关闭设备，拔下电源插头，并使其冷却。
- 2 取下附件。



- 3 用少许水将设备随附的软布沾湿，然后用它清洁以下部件：
 - 透光窗口
 - 附件的外表面
 - 附件内部的反射镜
- 4 让所有部件彻底晾干。
- 5 将本设备存放在无尘、干燥的地方，温度应介于 0°C 和 60°C 之间。

保修和支持

如果您需要信息或支持，请访问 www.philips.com/support 或阅读单独的全球保修卡。

回收



- 此符号表示该产品不能与一般的生活垃圾一同处理 (2012/19/EU)。
- 请遵守您所在国家/地区的电器和电子产品专门回收规定。正确处置废弃产品有助于避免对环境 and 人类健康造成不良后果。

技术规格

| | |
|------|-----------|
| 额定电压 | 100V-240V |
| 额定频率 | 50Hz-60Hz |
| 额定输入 | 36 瓦 |

| | |
|---------|-------------------------------------|
| 防电击保护 | II 级 |
| 保护等级 | IP 30 (EN 60529) |
| 使用条件 | 温度：+15 °C 至 35 °C 相对湿度：30% 至 95% |
| 身体附件的光谱 | >530nm |

故障处理方法

本章归纳了使用本设备时最常见的一些问题。如果您无法根据以下信息解决问题，请访问 www.philips.com/support 查阅常见问题列表，或联系您所在国家/地区的客户服务中心。

| 问题 | 可能的原因 | 解决方法 |
|-------------------------------------|---|--|
| 设备/适配器在使用过程中发热 | 这是正常的。 | 不需要采取措施。 |
| 当我将附件放在皮肤上时，“准备闪光”指示灯不亮，但是冷却风扇仍在运转。 | 过热保护已被激活。 | 在过热保护被激活后，风扇仍在工作。请勿关闭设备，而是让它冷却约 15 分钟，然后再继续使用。 |
| “准备闪光”指示灯呈绿色，但当我按下闪光按钮时，设备并没有闪光。 | 设备需要重置。 | 若要重置设备，先关闭设备，然后再重新打开。 |
| 我无法增加或减小光强设置/所有光强指示灯交替闪烁 | 设备需要重置。 | 若要重置设备，先关闭设备，然后再重新打开。 |
| 设备散发出一种奇怪的味道。 | 附件或滤光玻璃脏污。 您没有很好地剃除要照射部位的毛发。这些毛发可能发生灼烧而发出气味。 | 小心地清洁附件。 在使用 Lumea 前对皮肤进行预处理。 |
| 我在照射时觉得皮肤比平时敏感/我在使用设备时感觉到了无法接受的痛感。 | 您使用的光强设置过高。 您没有去除要照射部位的毛发。 透光窗口的紫外线滤光器损坏。 | 检查您选择的光强设置是否合适。必要时选择较低的设置。 在使用 Lumea 前对皮肤进行预处理。 如果紫外线滤光器损坏，请勿再使用本设备。请与您所在国家/地区的飞利浦客户服务中心、飞利浦经销商或飞利浦服务中心联系。 |
| | 您照射的区域不适合使用本设备。设备不适合该肤色使用 | 切勿在以下部位使用本设备：面部、内阴唇、肛门、乳头、乳晕、嘴唇、鼻孔和耳朵内侧、眼睛周围和眉毛附近的区域。男士不得在面部、颈部或阴囊上使用本设备。 |
| | 本设备不适用于您的皮肤。 | 如果您是 V 或 VI 皮肤类型（棕黑色或更深色的皮肤），请勿使用本设备。 |

| 问题 | 可能的原因 | 解决方法 |
|-----------------------|----------------------|--|
| 照射后皮肤反应的持续时间比平时要长。 | 您使用了对您而言过高的光强设置。 | 下一次应选择低一些的光强。请参阅“使用飞利浦 Lumea”一章中“选择合适的光强”一节。 |
| 对照射的效果不满意。 | 您使用了对于您而言过低的光强设置。 | 下一次请选择较高的设置。 |
| | 您没有在靠近前面照射部位的部位发出闪光。 | 您必须在相互靠近的部位发出闪光。 |
| | 本设备对于您的毛发颜色没有效果。 | 如果您是淡金色、金色或红色毛发，照射不会有效果。 |
| | 使用本产品的频率不足。 | 若要成功地去除所有毛发，我们建议您遵循推荐的照射方案。您可以缩短两次照射的间隔时间，但每两周照射的次数不应超过一次。 |
| | 您对 IPL 照射的反应偏慢。 | 此设备应至少连续使用 6 个月，因为在此期间仍然可以减少毛发再生。 |
| 我的身体附件没有集成式玻璃/滤光器/窗口。 | 这是正常的。 | 此身体附件不含玻璃/滤光器/窗口。 |



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