

SHR (SHR / SSR)

Procedure	Handle	Energy (J/cm2)	Frequency (Hz)	Pulsh Width (ms)	Duration	Number of sessions	Interval between 2 treatments
hair removal dark skin&thick hair	SHR	6 -- 10	2 -- 3	5 -- 7	3 -- 4	4 - 6 times	28 days
hair removal light skin&fine hair	SHR	8 -- 13	3 -- 4	5 -- 7	3 -- 4	4 - 6 times	28 days
skin rejuvenation	SSR	8 -- 11	2 -- 3	5	2 -- 3	3 - 5 times	21 days

IPL (HR / SR)

Procedure	Handle	Energy (J/cm2)	Speed	Pulse	Duration	Number of sessions	Interval between 2 treatments
hair removal dark skin&thick hair	HR	13 -- 15	1 -- 2	3	3 -- 4	4 - 6 times	28 days
hair removal light skin&fine hair	HR	15 -- 23	1 -- 2	3	3 -- 4	4 - 6 times	28 days
skin rejuvenation	SR	dark skin 8-13 white skin 13-18	1 -- 2	3	2-- 3	3 - 5 times	21 days
pigment removal&freckle&acne	SR	dark skin 9-15 white skin 14-19	1 -- 2	3	2 -- 3	3 - 5 times	21 days

E-light (EHR / ESR)

Procedure	Handle	IPL (J/cm2)	Speed	Pulse	Duration	Number of sessions	Interval between 2 treatments
hair removal dark skin&thick hair	EHR	13 -- 15	1 -- 2	3	3 -- 4	4 - 6 times	28 days
hair removal light skin&fine hair	EHR	15 -- 23	1 -- 2	3	3 -- 4	4 - 6 times	28 days
skin rejuvenation	ESR	dark skin 8-13 white skin 13-18	1 -- 2	3	3 -- 4	3 - 5 times	21 days
pigment removal&freckle&acne	ESR	dark skin 9-15 white skin 14-19	1 -- 2	3	2 -- 3	3 - 5 times	21 days

RF energy,we advice try from 10 for body, try from 8 for face. Increase little by little according to patients feeling. The best situation is patients feel warm, but not too hot.

Treatment Notice

Before treatment

- Fully communicate with customers, understand their needs, physical conditions (whether there are injections, whether skin care products containing hormones are used, whether they have been exposed to the sun recently), take photos, and fill in customer information files.
- Check whether the instrument is working properly and clean the lens before treatment.
- Explain the feelings during treatment.

In treatment

- Apply the gel to the operation area, the gel needs to be spread evenly.
- Both operators and customers need to wear glasses.
- The light outlet of the treatment handle is gently attached to the skin, and always keeps it vertical to the skin (tilting can easily cause energy to concentrate on the epidermis, which is easy to burn.)
- Choose sliding or fixed-point treatment according to the area and treatment items (sliding treatment is recommended for large-area hair removal and small-area hair removal, skin rejuvenation, freckle and acne removal, red blood is recommended for fixed-point treatment.)
- During the operation, always pay attention to the skin reaction of the guests, and adjust the treatment parameters in time.
- Inquire about the client's feelings during the treatment process and communicate in time.

After treatment

- Apply repair products to repair in time.
- Explain the precautions after treatment and make an appointment for the next treatment time.
- Turn off the instrument and record the parameters used by the guests.

Quick Tip →

Highlight "Names" and all the cells below it, then go to **Data > Filter views > Create new (temporary) filter view** to be able to filter for specific names.

		1/1																											
		Sunday																											
		Shift A							Shift B							Shift C							Total Shifts						
Names		8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6	7	A	B	C	
Wendy Writer		A	A	A	A	A	A	A	A	B	B	B	B	B	B	B	B									8	8	0	
Ronny Reader										B	B	B	B	B	B	B	B	C	C	C	C	C	C	C	C	0	8	8	
Abby Author																										0	0	0	
Casey Creator		A	A	A	A	A	A	A	A																	8	0	0	
Perry Presenter																										0	0	0	
Vinny Viewer		A	A	A	A	A	A	A	A									C	C	C	C	C	C	C	C	8	0	8	
Molly Maker										B	B	B	B	B	B	B	B	C	C	C	C	C	C	C	C	0	8	8	
Berry Books																										0	0	0	
		1/2																											
		Monday																											
		Shift A							Shift B							Shift C							Total Shifts						
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Ronny Reader										B	B	B	B	B	B	B	B	C	C	C	C	C	C	C	C	0	8	8	
Abby Author																		C	C	C	C	C	C	C	C	0	0	8	
Casey Creator		A	A	A	A	A	A	A	A	B	B	B	B	B	B	B									8	6	0		
Perry Presenter																B	B	C	C	C	C	C	C	C	C	0	2	8	
Vinny Viewer										B	B	B	B	B	B	B	B									0	8	0	
Molly Maker		A	A	A	A	A	A	A	A																	8	0	0	
Berry Books		A	A	A	A	A	A	A	A																	8	0	0	
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		Tuesday																											
		Shift A							Shift B							Shift C							Total Shifts						
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Wendy Writer																										0	0	0	
Ronny Reader		A	A	A	A	A	A	A	A									C	C	C	C	C	C	C	C	8	0	8	
Abby Author		A	A	A	A	A	A	A	A	B	B	B	B	B	B	B	B									8	8	0	
Casey Creator		A	A	A	A	A	A	A	A	B	B	B	B	B	B	B									8	8	0		
Perry Presenter																										0	0	0	
Vinny Viewer																										0	0	0	
Molly Maker																		C	C	C	C	C	C	C	C	0	0	8	
Berry Books										B	B	B	B	B	B	B	B	C	C	C	C	C	C	C	C	0	8	8	
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		Wednesday																											
		Shift A							Shift B							Shift C							Total Shifts						
Names		8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6	7	A	B	C	
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Ronny Reader										B	B	B	B	B	B	B	B	C	C	C	C	C	C	C	C	0	8	8	
Abby Author		A	A	A	A	A	A	A	A	B	B	B	B	B	B	B	B									8	8	0	
Casey Creator																										0	0	0	
Perry Presenter																										0	0	0	
Vinny Viewer		A	A	A	A	A	A	A	A									C	C	C	C	C	C	C	C	8	0	8	
Molly Maker		A	A	A	A	A	A	A	A	B	B	B	B	B	B	B	B									8	8	0	
Berry Books																										0	0	0	
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		Thursday																											
		Shift A							Shift B							Shift C							Total Shifts						
Names		8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6	7	A	B	C	
Wendy Writer		A	A	A	A	A	A	A	A																	8	0	0	
Ronny Reader		A	A	A	A	A	A	A	A																	8	0	0	
Abby Author										B	B	B	B	B	B	B	B	C	C	C	C	C	C	C	C	0	8	8	
Casey Creator										B	B	B	B	B	B	B									0	8	0		
Perry Presenter										B	B	B	B	B	B	B	B	C	C	C	C	C	C	C	C	0	8	8	
Vinny Viewer																										0	0	0	
Molly Maker		A	A	A	A	A	A	A	A									C	C	C	C	C	C	C	C	8	0	8	
Berry Books																										0	0	0	
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		Friday																											
		Shift A							Shift B							Shift C							Total Shifts						
Names		8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6	7	A	B	C	
Wendy Writer										B	B	B	B	B	B	B	B	C	C	C	C	C	C	C	C	0	8	8	
Ronny Reader		A	A	A	A	A	A	A	A	B	B	B	B	B	B	B	B									8	8	0	
Abby Author		A	A	A	A	A	A	A	A	B	B	B	B	B	B	B	B									8	8	0	
Casey Creator																										0	0	0	
Perry Presenter																		C	C	C	C	C	C	C	C	0	0	8	
Vinny Viewer																		C	C	C	C	C	C	C	C	0	0	8	
Molly Maker																										0	0	0	
Berry Books		A	A	A	A	A	A	A	A																	8	0	0	
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		Shift A							Shift B							Shift C							Total Shifts						
Names		8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6	7	A	B	C	
Wendy Writer																										0	0	0	
Ronny Reader																		C	C	C	C	C	C	C	C	0	0	8	
Abby Author		A	A	A	A	A	A	A	A																	8	0	0	
Casey Creator										B	B	B	B	B	B	B	B	C	C	C	C	C	C	C	C	0	8	8	
Perry Presenter		A	A	A	A	A	A	A	A	B	B	B	B	B	B	B	B									8	8	0	
Vinny Viewer		A	A	A	A	A	A	A	A	B	B	B	B	B	B	B	B									8	8	0	
Molly Maker																										0	0	0	
Berry Books																		C	C	C	C	C	C	C	C	0	0	8	

Quick Tip →

Highlight "Names" and all the cells below it, then go to **Data > Filter Views > Create New Filter View** to be able to filter for specific names.

1/8																												
Sunday																												
Names	Shift A							Shift B							Shift C							Total Shifts						
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Wendy Writer																									0	0	0	
Ronny Reader																										0	0	0
Abby Author																										0	0	0
Casey Creator																										0	0	0
Perry Presenter																										0	0	0
Vinny Viewer																										0	0	0
Molly Maker																										0	0	0
Berry Books																										0	0	0
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Monday																												
Names	Shift A							Shift B							Shift C							Total Shifts						
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Wendy Writer																										0	0	0
Ronny Reader																										0	0	0
Abby Author																										0	0	0
Casey Creator																										0	0	0
Perry Presenter																										0	0	0
Vinny Viewer																										0	0	0
Molly Maker																										0	0	0
Berry Books																										0	0	0
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Tuesday																												
Names	Shift A							Shift B							Shift C							Total Shifts						
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Wendy Writer																										0	0	0
Ronny Reader																										0	0	0
Abby Author																										0	0	0
Casey Creator																										0	0	0
Perry Presenter																										0	0	0
Vinny Viewer																										0	0	0
Molly Maker																										0	0	0
Berry Books																										0	0	0
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Names	Shift A							Shift B							Shift C							Total Shifts						
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Wendy Writer																										0	0	0
Ronny Reader																										0	0	0
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Casey Creator																										0	0	0
Perry Presenter																										0	0	0
Vinny Viewer																										0	0	0
Molly Maker																										0	0	0
Berry Books																										0	0	0
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Thursday																												
Names	Shift A							Shift B							Shift C							Total Shifts						
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Wendy Writer																										0	0	0
Ronny Reader																										0	0	0
Abby Author																										0	0	0
Casey Creator																										0	0	0
Perry Presenter																										0	0	0
Vinny Viewer																										0	0	0
Molly Maker																										0	0	0
Berry Books																										0	0	0
1/13																												
Friday																												
Names	Shift A							Shift B							Shift C							Total Shifts						
	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6	7	A	B	C	
Wendy Writer																										0	0	0
Ronny Reader																										0	0	0
Abby Author																										0	0	0
Casey Creator																										0	0	0
Perry Presenter																										0	0	0
Vinny Viewer																										0	0	0
Molly Maker																										0	0	0
Berry Books																										0	0	0
1/14																												
Saturday																												
Names	Shift A							Shift B							Shift C							Total Shifts						
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Wendy Writer																										0	0	0
Ronny Reader																										0	0	0
Abby Author																										0	0	0
Casey Creator																										0	0	0
Perry Presenter																										0	0	0
Vinny Viewer																										0	0	0
Molly Maker																										0	0	0
Berry Books																										0	0	0

Quick Tip →

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1/15																											
Sunday																											
Names	Shift A							Shift B							Shift C							Total Shifts					
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Wendy Writer																									0	0	0
Ronny Reader																									0	0	0
Abby Author																									0	0	0
Casey Creator																									0	0	0
Perry Presenter																									0	0	0
Vinny Viewer																									0	0	0
Molly Maker																									0	0	0
Berry Books																									0	0	0
1/16																											
Monday																											
Names	Shift A							Shift B							Shift C							Total Shifts					
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Wendy Writer																									0	0	0
Ronny Reader																									0	0	0
Abby Author																									0	0	0
Casey Creator																									0	0	0
Perry Presenter																									0	0	0
Vinny Viewer																									0	0	0
Molly Maker																									0	0	0
Berry Books																									0	0	0
1/17																											
Tuesday																											
Names	Shift A							Shift B							Shift C							Total Shifts					
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Wendy Writer																									0	0	0
Ronny Reader																									0	0	0
Abby Author																									0	0	0
Casey Creator																									0	0	0
Perry Presenter																									0	0	0
Vinny Viewer																									0	0	0
Molly Maker																									0	0	0
Berry Books																									0	0	0
1/18																											
Wednesday																											
Names	Shift A							Shift B							Shift C							Total Shifts					
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Ronny Reader																									0	0	0
Abby Author																									0	0	0
Casey Creator																									0	0	0
Perry Presenter																									0	0	0
Vinny Viewer																									0	0	0
Molly Maker																									0	0	0
Berry Books																									0	0	0
1/19																											
Thursday																											
Names	Shift A							Shift B							Shift C							Total Shifts					
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Ronny Reader																									0	0	0
Abby Author																									0	0	0
Casey Creator																									0	0	0
Perry Presenter																									0	0	0
Vinny Viewer																									0	0	0
Molly Maker																									0	0	0
Berry Books																									0	0	0
1/20																											
Friday																											
Names	Shift A							Shift B							Shift C							Total Shifts					
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Ronny Reader																									0	0	0
Abby Author																									0	0	0
Casey Creator																									0	0	0
Perry Presenter																									0	0	0
Vinny Viewer																									0	0	0
Molly Maker																									0	0	0
Berry Books																									0	0	0
1/21																											
Saturday																											
Names	Shift A							Shift B							Shift C							Total Shifts					
	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6	7	A	B	C
Wendy Writer																									0	0	0
Ronny Reader																									0	0	0
Abby Author																									0	0	0
Casey Creator																									0	0	0
Perry Presenter																									0	0	0
Vinny Viewer																									0	0	0
Molly Maker																									0	0	0
Berry Books																									0	0	0



Quick Tip →

Highlight "Names" and all the cells below it, then go to **Data > Filter Views > Create New Filter View** to be able to filter for specific names.

1/22																													
Sunday																													
Names	Shift A							Shift B							Shift C							Total Shifts							
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Wendy Writer																										0	0	0	
Ronny Reader																											0	0	0
Abby Author																											0	0	0
Casey Creator																											0	0	0
Perry Presenter																											0	0	0
Vinny Viewer																											0	0	0
Molly Maker																											0	0	0
Berry Books																											0	0	0
1/23																													
Monday																													
Names	Shift A							Shift B							Shift C							Total Shifts							
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Ronny Reader																											0	0	0
Abby Author																											0	0	0
Casey Creator																											0	0	0
Perry Presenter																											0	0	0
Vinny Viewer																											0	0	0
Molly Maker																											0	0	0
Berry Books																											0	0	0
1/24																													
Tuesday																													
Names	Shift A							Shift B							Shift C							Total Shifts							
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Wendy Writer																											0	0	0
Ronny Reader																											0	0	0
Abby Author																											0	0	0
Casey Creator																											0	0	0
Perry Presenter																											0	0	0
Vinny Viewer																											0	0	0
Molly Maker																											0	0	0
Berry Books																											0	0	0
1/25																													
Wednesday																													
Names	Shift A							Shift B							Shift C							Total Shifts							
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Ronny Reader																											0	0	0
Abby Author																											0	0	0
Casey Creator																											0	0	0
Perry Presenter																											0	0	0
Vinny Viewer																											0	0	0
Molly Maker																											0	0	0
Berry Books																											0	0	0
1/26																													
Thursday																													
Names	Shift A							Shift B							Shift C							Total Shifts							
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Wendy Writer																											0	0	0
Ronny Reader																											0	0	0
Abby Author																											0	0	0
Casey Creator																											0	0	0
Perry Presenter																											0	0	0
Vinny Viewer																											0	0	0
Molly Maker																											0	0	0
Berry Books																											0	0	0
1/27																													
Friday																													
Names	Shift A							Shift B							Shift C							Total Shifts							
	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6	7	A	B	C		
Wendy Writer																											0	0	0
Ronny Reader																											0	0	0
Abby Author																											0	0	0
Casey Creator																											0	0	0
Perry Presenter																											0	0	0
Vinny Viewer																											0	0	0
Molly Maker																											0	0	0
Berry Books																											0	0	0
1/28																													
Saturday																													
Names	Shift A							Shift B							Shift C							Total Shifts							
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Wendy Writer																											0	0	0
Ronny Reader																											0	0	0
Abby Author																											0	0	0
Casey Creator																											0	0	0
Perry Presenter																											0	0	0
Vinny Viewer																											0	0	0
Molly Maker																											0	0	0
Berry Books																											0	0	0



Quick Tip →

Highlight "Names" and all the cells below it, then go to **Data > Filter Views > Create New Filter View** to be able to filter for specific names.

1/29																											
Sunday																											
Names	Shift A							Shift B							Shift C							Total Shifts					
	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6	7	A	B	C
Wendy Writer																									0	0	0
Ronny Reader																									0	0	0
Abby Author																									0	0	0
Casey Creator																									0	0	0
Perry Presenter																									0	0	0
Vinny Viewer																									0	0	0
Molly Maker																									0	0	0
Berry Books																									0	0	0
1/30																											
Monday																											
Names	Shift A							Shift B							Shift C							Total Shifts					
	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6	7	A	B	C
Wendy Writer																									0	0	0
Ronny Reader																									0	0	0
Abby Author																									0	0	0
Casey Creator																									0	0	0
Perry Presenter																									0	0	0
Vinny Viewer																									0	0	0
Molly Maker																									0	0	0
Berry Books																									0	0	0
1/31																											
Tuesday																											
Names	Shift A							Shift B							Shift C							Total Shifts					
	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6	7	A	B	C
Wendy Writer																									0	0	0
Ronny Reader																									0	0	0
Abby Author																									0	0	0
Casey Creator																									0	0	0
Perry Presenter																									0	0	0
Vinny Viewer																									0	0	0
Molly Maker																									0	0	0
Berry Books																									0	0	0
2/1																											
Wednesday																											
Names	Shift A							Shift B							Shift C							Total Shifts					
	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6	7	A	B	C
Wendy Writer																									0	0	0
Ronny Reader																									0	0	0
Abby Author																									0	0	0
Casey Creator																									0	0	0
Perry Presenter																									0	0	0
Vinny Viewer																									0	0	0
Molly Maker																									0	0	0
Berry Books																									0	0	0
2/2																											
Thursday																											
Names	Shift A							Shift B							Shift C							Total Shifts					
	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6	7	A	B	C
Wendy Writer																									0	0	0
Ronny Reader																									0	0	0
Abby Author																									0	0	0
Casey Creator																									0	0	0
Perry Presenter																									0	0	0
Vinny Viewer																									0	0	0
Molly Maker																									0	0	0
Berry Books																									0	0	0
2/3																											
Friday																											
Names	Shift A							Shift B							Shift C							Total Shifts					
	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6	7	A	B	C
Wendy Writer																									0	0	0
Ronny Reader																									0	0	0
Abby Author																									0	0	0
Casey Creator																									0	0	0
Perry Presenter																									0	0	0
Vinny Viewer																									0	0	0
Molly Maker																									0	0	0
Berry Books																									0	0	0
2/4																											
Saturday																											
Names	Shift A							Shift B							Shift C							Total Shifts					
	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	0	1	2	3	4	5	6	7	A	B	C
Wendy Writer																									0	0	0
Ronny Reader																									0	0	0
Abby Author																									0	0	0
Casey Creator																									0	0	0
Perry Presenter																									0	0	0
Vinny Viewer																									0	0	0
Molly Maker																									0	0	0
Berry Books																									0	0	0