



IPL Session Tracker

For the Ulike Air 10: 4 weeks every other day, then maintenance

Jen Tried It
jentryedit.com

START DATE

AREAS I'M TREATING

MODE I SETTLED ON

1. Patch test first

Ulike says to try a small spot on Fast mode before a full session.

Date: Skin OK?

2. Shave every time

The light needs to reach the root, not the hair above the skin.

3. Wipe the window

Soft, dry cloth after each use. No water on the device.

Weeks 1 to 4: every other day

That's about 14 sessions. Fill in a row each time, even if you only did one area.

#	DATE	AREA(S)	MODE	HOW IT FELT	NOTES
1				fine / warm / sting	
2				fine / warm / sting	
3				fine / warm / sting	
4				fine / warm / sting	
5				fine / warm / sting	
6				fine / warm / sting	
7				fine / warm / sting	
8				fine / warm / sting	
9				fine / warm / sting	
10				fine / warm / sting	
11				fine / warm / sting	
12				fine / warm / sting	
13				fine / warm / sting	
14				fine / warm / sting	

Week 5 on: once or twice a month

Go by how fast the hair grows back.

#	DATE	AREA(S)	MODE	REGROWTH SINCE LAST TIME
1				
2				
3				
4				
5				
6				

Schedule from Ulike's own Air 10 how-to guide. Your results depend on your hair and skin.

jentryedit.com