

INCREDIBLE

DEVICES

# PLUTUS<sup>TM</sup> SUPER ICE



## Treatment Parameters

This *Treatment Parameters Guide* outlines optimal treatment parameters for safe, effective laser hair removal, ensuring customized results and client satisfaction.



 HEALTH CANADA LICENCED

 [incrediblelaser.com](http://incrediblelaser.com)

 647-477-9216

 [hello@incrediblelaser.com](mailto:hello@incrediblelaser.com)



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# 1. Clinical Application

## 1.1 Core Laser Parameters (PLUTUS)

- Energy Density (Fluence – J/cm<sup>2</sup>)
- Pulse Duration (ms)
- Frequency (Hz)
- Cooling Level (Super ICE contact cooling)

Understanding how these parameters interact is essential for safe and effective treatments.

## 1.2 Energy Density (Fluence – J/cm<sup>2</sup>)

**Definition:** Energy density (fluence) represents the total amount of laser energy delivered per unit area of skin.

### Conceptual Formula

Energy Density = Total Energy (J) ÷ Spot Size Area (cm<sup>2</sup>)

### Clinical Significance

- Determines treatment depth
- Controls whether tissue is stimulated, coagulated, or destroyed
- Primary determinant of treatment efficacy

### Clinical Guidance

- Too low → follicular stimulation, paradoxical hypertrichosis risk
- Too high → burns, blistering, PIH

Fluence is the main therapeutic control.

## 1.3 Pulse Duration (ms)

**Definition:** Pulse duration is the length of time over which the laser energy is delivered.

Pulse duration must correspond to the Thermal Relaxation Time (TRT) of the target.

### Hair-Based Pulse Guidelines

- Fine Hair: 10–30 ms
- Medium Hair: 30–60 ms
- Coarse Hair: 60–100 ms

### Clinical Effects

- Longer pulse → lower peak intensity, safer for darker skin
- Shorter pulse → higher peak intensity, more aggressive targeting

## 1.4 Frequency (Hz)

**Definition:** Frequency describes how many pulses are delivered per second.

### Clinical impact

- Higher frequency → faster treatments, increased heat stacking
- Lower frequency → more controlled energy delivery, improved safety

## 1.5 Intensity (Power Density - W/cm<sup>2</sup>)

**Definition:** Intensity describes how quickly the energy is delivered per unit area.

### Concept

Power = Energy ÷ Time

Intensity increases when:

- Pulse duration decreases
- Peak power increases

### Clinical Analogy

- Energy density = how much water ends up in the bucket
- Intensity = whether it's poured slowly or dumped all at once

Same total energy. Different biological effects.

## 1.6 Thermal Relaxation Time (TRT)

**Definition:** TRT is the time required for a heated target to lose 50% of its heat to surrounding tissue.

### Golden Rule of Laser

Pulse Duration ≤ TRT of the target

- Pulse too long → heat spreads → epidermal injury
- Pulse too short → explosive heating → epidermal risk

## 1.7 Super ICE Cooling

Cooling protects the epidermis, not the follicle.

Cooling allows the operator to:

- Increase fluence safely
- Shorten pulse duration safely
- Treat Fitzpatrick IV–VI more safely

Cooling does not destroy hair follicles; it enables safer treatment parameters.

### **Stacked Low-Fluence Passes (Selective Heat Stacking)**

#### **1.8 Main Characteristics of PLUTUS Diode System**

- Hair follicles retain heat longer than the epidermis
- Repeated lower-fluence pulses allow cumulative follicular heating
- Epidermis cools rapidly between pulses

#### **Best Uses**

- ✓ Darker skin types
- ✓ Large body areas
- ✓ Maintenance treatments
- ✓ Client's intolerance of high fluence

#### **Avoid Stacking For**

- ☐ Very fine hair
- ☐ Hormonal facial hair
- ☐ Resistant bikini/axill

#### **1.9 Adjusting for Finer Hair Over Time**

After multiple sessions:

- Hair diameter decreases
- Melanin content decreases
- TRT becomes shorter

#### **Required Adjustments**

1. Shorten pulse duration (e.g., 60 ms → 20–30 ms)
2. Increase fluence slightly to maintain thermal damage

3. Reduce stacking and increase precision

**1.10 Clinical Endpoints (PLUTUS)**

- ✓ Mild perifollicular edema
- ✓ Follicular darkening
- ✓ Shedding in 10–14 days

**Warning Signs**

- ✓ No edema → under-treatment
- ✓ Immediate whitening → excessive intensity
- ✓ Pain without shedding → excessive stacking

**1.11 PLUTUS Clinical Insight**

- ✓ Fluence determines if damage occurs
- ✓ Pulse duration determines how selectively
- ✓ Intensity determines how aggressively
- ✓ Cooling determines how safely

**Laser Output Specifications**

Treatment Parameters / Hair Removal Protocol

- ✓ **Fine Hair:** 12-20 J/cm<sup>2</sup>, 20-40ms
- ✓ **Medium Hair:** 20-35 J/cm<sup>2</sup>, 30-50ms
- ✓ **Coarse Hair:** 35-55 J/cm<sup>2</sup>, 40-60ms

Maximum treatment area speed: cm<sup>2</sup>/second

Recommended treatment intervals: 4-8 weeks



## 2. HR Treatment Guide

This protocol applies to both men and women.

### 2.1 Treatment Intervals by Body Area

Laser hair removal treatments must be scheduled according to the hair growth cycle (anagen phase) and the anatomical area being treated. Proper spacing maximizes follicle targeting and improves treatment outcomes.

Body Area Size	Common Treatment Areas	Recommended Intervals
Small Areas	Upper lip, chin, cheeks, sideburns	Every 4–6 weeks
Medium Areas	Underarms, bikini, Brazilian, chest, abdomen, back	Every 6–8 weeks
Large Areas	Legs, arms	Every 8–10 weeks

### 2.2 Recommended Number of Sessions

6–9 sessions on average

Additional sessions may be required depending on:

- Hormonal influence
- Hair density and thickness
- Skin type and hair color
- Treatment area

## 3. Laser Treatment Settings

- If no heat or prickling is felt, you may increase the fluence; do not adjust any other settings.
- If it is painful or too hot, decrease the fluence; do not adjust any other settings.

### 3.1 Hair Removal Protocols by Body Area

#### 1. Facial / Neck Hair Treatment

- Energy Settings: 12-16 J/cm<sup>2</sup>
- Pulse Duration: 20-30ms

#### Mode: Static

- Cooling: -10°C to -15°C (L1 – L2)
- Treatment Time: 10-15 minutes
- Session Intervals: 4-6 weeks
- Expected Sessions: 6-10

#### 2. Full Leg & Arms Treatment

- Energy Settings: 18-22 J/cm<sup>2</sup>
- Pulse Duration: 30-40ms

#### Mode: Super Glide

- Cooling: -15°C to -20°C (L1 – L2)
- Treatment Time: 20-25 minutes
- Session Intervals: 8-10 weeks
- Expected Sessions: 8-12

#### 3. Brazilian/Bikini Area

- Energy Settings: 14-18 J/cm<sup>2</sup>
- Pulse Duration: 25-35ms

#### Mode: Static

- Cooling: -20°C to -25°C (L2 – L3)
- Treatment Time: 15-20 minutes
- Session Intervals: 6-8 weeks
- Expected Sessions: 8-10

#### 4. Back/Chest Treatment

- Energy Settings: 20-24 J/cm<sup>2</sup>

- Pulse Duration: 35-45ms

**Mode: Super Glide**

- Cooling: -15°C to -20°C (L2 – L3)
- Treatment Time: 20-25 minutes
- Session Intervals: 6-8 weeks
- Expected Sessions: 6-10

**3.2 Protocol Adjustments by Skin Type****Fitzpatrick I-II**

- Primary Wavelength: 755nm
- Energy Range: 18-24 J/cm<sup>2</sup>
- Cooling: -10°C to -15°C

**Fitzpatrick III-IV**

- Primary wavelength: 808nm
- Energy Range: 16-20 J/cm<sup>2</sup>
- Cooling: -15°C to -20°C

**Fitzpatrick V-VI**

- Primary Wavelength: 1064nm
- Energy Range: 12-16 J/cm<sup>2</sup>
- Cooling: -20°C to -25°

## 4. Treatment Parameters

### 4.1 Smart Mode



**Smart Mode:** This mode offers Automated treatment settings for quick, safe, and efficient procedures. It is ideal for hair removal across different body areas.

### 4.2 Females

Skin Fitzpatrick	Treatment Area	Treatment No. #	No # Pass	Pulse Duration (Ms)	Frequency (Hz)	Intensity	Energy Density	Cooling Level	
I	Face	1 - 3	2 - 4	30 - 33	5	60 - 63	18.5 – 21.1	L1 – L2	
		4 – 6	2 - 4	34 - 36	5	64 - 66	21.7 – 23.8	L1 – L2	
		7 – 10	2 - 4	37 - 40	5	67 - 70	23.5 – 28.3	L1 – L2	
	Under Arm	1 - 3	2 - 4	30 - 33	5	65 - 68	19.8 – 22.5	L1 – L2	
		4 – 6	2 - 4	34 - 36	5	69- 71	23.2 - 25.4	L1 – L2	
		7 – 10	2 - 4	37 - 40	5	72 - 75	26.1 – 30.0	L1 – L2	
	Arms	1 - 3	2 - 4	30 - 33	5	65 - 68	19.8 – 22.5	L1 – L2	
		4 – 6	2 - 4	34 - 37	5	69 - 72	23.2 – 26.1	L1 – L2	
		7 – 10	2 - 4	38 - 40	5	73 - 75	27.7 – 30.0	L1 – L2	
	Abdomen	1 - 3	2 - 4	30 - 33	5	70 - 73	21.1 – 23.9	L1 – L2	
		4 – 6	2 - 4	34 - 37	5	74 - 77	24.7 – 28.5	L1 – L2	
		7 – 10	2 - 4	38 - 40	5	78 – 80	29.3 – 31.7	L1 – L2	
			1 - 3	2 - 4	30 - 33	5	60 - 63	18.5 – 21.1	L1 – L2
	Bikini	4 – 6	2 - 4	34 - 37	5	64 - 67	21.7 – 24.5	L1 – L2	
		7 – 10	2 - 4	38 - 40	5	68 - 70	26.0 – 28.3	L1 – L2	
		1 - 3	2 - 4	30 - 33	5	70 - 73	21.1 – 23.9	L1 – L2	
	Legs	4 – 6	2 - 4	34 - 38	5	72 - 76	23.9 – 28.5	L1 – L2	
		7 – 10	2 - 4	39 - 40	5	77 - 80	30.1 – 31.7	L1 – L2	

Skin Fitzpatrick	Treatment Area	Treatment No #	No # Pass	Pulse Duration (Ms)	Frequency (Hz)	Intensity	Energy Density	Cooling Level	
II	Face	1 - 3	2 - 4	30 - 33	5	55 - 58	16.5 – 19.0	L1 – L2	
		4 – 6	2 - 4	34 - 36	5	59 - 61	19.6 – 22.3	L1 – L2	
		7 – 10+	2 - 4	37 - 40	5	62 - 65	22.9 – 26.6	L1 – L2	
	Under Arm	1 - 3	2 - 4	30 - 33	5	60 - 63	18.5 – 21.1	L1 – L2	
		4 – 6	2 - 4	34 - 36	5	64 - 66	21.7 – 23.8	L1 – L2	
		7 – 10+	2 - 4	37 - 40	5	67 - 70	24.5 – 28.3	L1 – L2	
	Arms	1 - 3	2 - 4	30 - 33	5	60 - 63	18.5 – 21.1	L1 – L2	
		4 – 6	2 - 4	34 - 37	5	64 - 67	21.7 – 24.5	L1 – L2	
		7 – 10++	2 - 4	38 - 40	5	68 - 70	26.0 – 28.3	L1 – L2	
	Abdomen/ Back	1 - 3	2 - 4	30 - 33	5	65 - 68	19.8 – 22.5	L1 – L2	
		4 – 6	2 - 4	35 - 37	5	69 - 71	23.9 – 26.1	L1 – L2	
		7 – 10	2 - 4	38 - 40	5	72 – 75	26.8 – 30.0	L1 – L2	
			1 - 3	2 - 4	30 - 33	5	55 - 58	16.5 – 19.0	L1 – L2
	Bikini	4 – 6	2 - 4	34 - 37	5	59 - 62	19.6 – 22.9	L1 – L2	
		7 – 10+	2 - 4	38 - 40	5	63 - 65	24.4 – 26.6	L1 – L2	
			1 - 3	2 - 4	30 - 33	5	65 - 68	19.8 – 22.5	L1 – L2
	Legs	4 – 6	2 - 4	34 - 36	5	69 - 71	23.2 – 25.4	L1 – L2	
		7 – 10+	2 - 4	37 - 40	5	72 - 75	26.1 – 30.0	L1 – L2	

Skin Fitzpatrick	Treatment Area	Treatment No #	No # Pass	Pulse Duration (Ms)	Frequency (Hz)	Intensity	Energy Density	Cooling Level	
III	Face	1-3	2-4	30-30	6	45-48	16.9 – 17.6	L1 – L2	
		4-6	2-4	30-32	6	49-52	17.6 – 19.7	L1 – L2	
		7-10+	2-4	33-35	6	53-55	21.2 – 23.4	L1 – L2	
	Under Arm	1-3	2-4	30-32	6	55-57	20.0 – 21.3	L1 – L2	
		4-6	2-4	33-36	6	58-61	22.9 – 26.9	L1 – L2	
		7-10+	2-4	37-40	6	62-65	27.6 – 32.0	L1 – L2	
	Arms	1-3	2-4	30-33	6	55-58	20.0 – 22.9	L1 – L2	
		4-6	2-4	34-37	6	59-62	23.6 – 27.6	L1 – L2	
		7-10+	2-4	38-40	6	63-65	29.4 – 32.0	L1 – L2	
	Chest/Back	1-3	2-4	30-33	6	60-63	22.3 – 25.4	L1 – L2	
		4-6	2-4	34-37	6	64-67	26.2 – 29.6	L1 – L2	
		7-10+	2-4	38-40	6	68-70	31.4 – 34.1	L1 – L2	
			1-3	2-4	30-33	6	50-53	18.4 – 21.2	L1 – L2
	Bikini	4-6	2-4	34-37	6	54-57	21.8 – 24.8	L1 – L2	
		7-10+	2-4	38-40	6	58-60	26.4 – 29.9	L1 – L2	
			1-3	2-4	30-33	6	60-63	25.4 – 22.5	L1 – L2
	Legs	4-6	2-4	34-37	6	64-67	26.2 – 29.6	L1 – L2	
		7-10+	2-4	36-40	6	66-70	28.7 – 34.1	L1 – L2	

Skin Fitzpatrick	Treatment Area	Treatment No #	No # Pass	Pulse Duration (Ms)	Frequency (Hz)	Intensity	Energy Density	Cooling Level	
IV	Face	1 - 3	2 - 3	30 - 30	6	40 - 43	15.3 - 16.1	L1 - L2	
		4 - 6	2 - 3	30 - 30	6	44 - 46	16.1 - 16.9	L1 - L2	
		7 - 10+	2 - 3	30 - 30	6	47 - 50	17.6 - 18.4	L1 - L2	
	Under Arm	1 - 3	2 - 3	30 - 32	6	55 - 57	20.0 - 21.3	L1 - L2	
		4 - 6	2 - 3	33 - 36	6	58 - 61	22.9 - 26.9	L1 - L2	
		7 - 10+	2 - 3	37 - 40	6	62 - 65	27.6 - 32.0	L1 - L2	
	Arms	1 - 3	2 - 3	30 - 33	6	50 - 53	28.4 - 21.2	L1 - L2	
		4 - 6	2 - 3	34 - 37	6	54 - 57	21.8 - 24.8	L1 - L2	
		7 - 10+	2 - 3	38 - 40	6	58 - 60	26.4 - 29.9	L1 - L2	
	Abdomen/ Back	1 - 3	2 - 3	30 - 33	6	55 - 58	20.0 - 22.9	L1 - L2	
		4 - 6	2 - 3	34 - 37	6	59 - 62	23.6 - 27.6	L1 - L2	
		7 - 10+	2 - 3	38 - 40	6	63 - 65	29.4 - 32.0	L1 - L2	
			1 - 3	2 - 3	30 - 30	6	45 - 48	16.9 - 17.6	L1 - L2
	Bikini	4 - 6	2 - 3	30 - 32	6	49 - 52	17.6 - 19.7	L1 - L2	
		7 - 10+	2 - 3	33 - 35	6	53 - 55	21.2 - 23.4	L1 - L2	
			1 - 3	2 - 3	30 - 32	6	55 - 57	20.0 - 21.3	L1 - L2
	Legs	4 - 6	2 - 3	33 - 35	6	58 - 60	22.9 - 26.1	L1 - L2	
		7 - 10+	2 - 3	36 - 40	6	61 - 65	26.9 - 32.0	L1 - L2	

Skin Fitzpatrick	Treatment Area	Treatment No#	No # Pass	Pulse Duration (Ms)	Frequency (Hz)	Intensity	Energy Density	Cooling Level	
V	Face	1 - 3	1 - 2	30 - 30	6	35 - 37	13.8 – 14.5	L1 – L2	
		4 - 6	1 - 2	30 - 30	6	38 - 41	14.5 – 15.3	L1 – L2	
		7 – 10+	1 - 2	30 - 30	6	42 - 45	16.1 – 16.9	L1 – L2	
	Under Arm	1 - 3	1 - 2	30 - 30	6	45 – 48	16.9– 17.6	L1 – L2	
		4 - 6	1 - 2	30 - 32	6	49 – 52	17.6 – 19.7	L1 – L2	
		7 – 10+	1 - 2	33 - 35	6	53 - 55	21.2 – 23.4	L1 – L2	
	Arms	1 - 3	1 - 2	30 - 30	6	45 - 48	16.9 – 17.6	L1 – L2	
		4 - 6	1 - 2	30 - 32	6	49 – 52	17.6 – 19.7	L1 – L2	
		7 – 10+	1 - 2	33 - 35	6	53 - 55	21.2 – 23.4	L1 – L2	
	Abdomen/ Back	1 - 3	1 - 2	30 - 3	6	50 - 53	18.4 – 21.2	L1 – L2	
		4 - 6	1 - 2	33 - 36	6	54 - 56	21.8 – 24.1	L1 – L2	
		7 – 10+	1 - 2	37 - 40	6	57 – 60	24.8 – 29.9	L1 – L2	
			1 - 3	1 - 2	30 - 30	6	40 - 45	16.1– 16.9	L1 – L2
	Bikini	4 - 6	1 - 2	30 - 30	6	46 - 48	16.9 – 17.6	L1 – L2	
		7 – 10+	1 - 2	30 - 30	6	49 - 50	17.6 – 18.4	L1 – L2	
			1 - 3	1 - 2	30 - 34	6	50 - 54	21.8 – 21.2	L1 – L2
	Legs	4 - 6	1 - 2	35 - 37	6	55 - 57	23.4 – 24.5	L1 – L2	
		7 – 10+	1 - 2	38 - 40	6	58 - 60	26.4– 29.9	L1 – L2	

Skin Fitzpatrick	Treatment Area	Treatment No #	No # Pass	Pulse Duration (Ms)	Frequency (Hz)	Intensity	Energy Density	Cooling Level	
VI	Face	1 -3	1	30 - 30	7	30 - 33	13.5 – 14.4	L1 – L2	
		4 – 6	1	30 - 30	7	34 - 36	16.2 – 17.1	L1 – L2	
		7 – 10+	1	30 - 30	7	37 - 40	17.1 – 18.0	L1 – L2	
	Under Arm	1 -3	1	30 - 30	7	40 – 43	18.0 – 18.9	L1 – L2	
		4 – 6	1	30 - 30	7	44 - 46	18.9 – 19.8	L1 – L2	
		7 – 10+	1	30 - 30	7	47 - 50	20.7 – 21.6	L1 – L2	
	Arms	1 -3	1	30 - 33	7	40 - 43	18.0 – 18.9	L1 – L2	
		4 – 6	1	34 - 37	7	44 – 46	18.9 – 19.8	L1 – L2	
		7 – 10+	1	38 - 40	7	47 - 50	20.7 – 21.6	L1 – L2	
	Abdomen/ Back	1 -3	1	30 - 30	7	45 - 47	19.8 – 20.7	L1 – L2	
		4 – 6	1	30 - 31	7	48 - 51	20.7 – 22.3	L1 – L2	
		7 – 10+	1	32 - 35	7	52 – 55	23.1 – 27.4	L1 – L2	
			1 -3	1	30 - 30	7	35 - 37	16.2 – 17.1	L1 – L2
	Bikini		4 – 6	1	30 - 30	7	38 - 41	17.1 – 18.0	L1 – L2
			7 – 10+	1	33 - 30	7	42 - 45	18.9 – 19.8	L1 – L2
			1 -3	1	30 - 30	7	45 - 48	19.8 – 20.7	L1 – L2
	Legs		4 – 6	1	30 - 31	7	49 - 51	20.7 – 22.3	L1 – L2
			7 – 10+	1	32 - 35	7	52 - 55	23.1– 27.4	L1 – L2

### 4.3 Male

Skin Fitzpatrick	Treatment Area	Treatment No#	No # Pass	Pulse Duration (Ms)	Frequency (Hz)	Intensity	Energy Density	Cooling Level	
I	Face	1 - 3	2 - 4	30 - 33	5	55 - 58	16.5 – 19.0	L1 – L2	
		4 – 6	2 - 4	34 - 37	5	59 - 62	19.6 – 22.9	L1 – L2	
		7 – 10	2 - 4	38 - 40	5	63 - 65	24.4 – 26.6	L1 – L2	
	Under Arm	1 - 3	2 - 4	30 - 33	5	60 - 63	18.5 – 21.1	L1 – L2	
		4 – 6	2 - 4	34 - 36	5	64 - 66	21.7 – 23.8	L1 – L2	
		7 – 10	2 - 4	37 - 40	5	67 - 40	24.5 – 28.3	L1 – L2	
	Arms	1 - 3	2 - 4	30 - 33	5	60 - 63	18.5 – 21.1	L1 – L2	
		4 - 6	2 - 4	34 - 36	5	64 - 66	21.7 – 23.8	L1 – L2	
		7 - 10	2 - 4	37 - 40	5	67 – 70	24.5 – 28.3	L1 – L2	
	Chest/ Back	1 - 3	2 - 4	30 - 34	5	65 - 69	19.8 – 23.2	L1 – L2	
		4 - 6	2 - 4	35 - 37	5	70 - 72	24.7 – 26.1	L1 – L2	
		7 - 10	2 - 4	38 - 40	5	73 – 75	27.7 – 30.0	L1 – L2	
			1 - 3	2 - 4	30 - 33	5	60 - 63	18.5 – 21.1	L1 – L2
	Bikini	4 - 6	2 - 4	34 - 37	5	64 - 67	21.7 – 24.5	L1 – L2	
		7 - 10	2 - 4	38 - 40	5	68 - 70	26.0 – 28.3	L1 – L2	
			1 - 3	2 - 4	30 - 33	5	65 - 68	19.8 – 22.5	L1 – L2
	Legs	4 - 6	2 - 4	34 - 36	5	69 - 71	23.2 – 25.4	L1 – L2	
		7 - 10	2 - 4	37 - 40	5	72 - 75	26.1 – 30.0	L1 – L2	

Skin Fitzpatrick	Treatment Area	Treatment No#	No # Pass	Pulse Duration (Ms)	Frequency (Hz)	Intensity	Energy Density	Cooling Level
	Face	1 -3	2 - 4	30 - 33	5	50 - 54	15.2 – 18.1	L1 – L2
		4 - 6	2 - 4	34 - 37	5	55 - 57	18.1 – 20.5	L1 – L2
		7 – 10+	2 - 4	38 - 40	5	58 - 60	21.9 – 24.8	L1 – L2
II	Under Arm	1 -3	2 - 4	30 - 33	5	55 - 58	16.5 – 19.0	L1 – L2
		4 - 6	2 - 4	35 - 37	5	60 - 62	21.6 – 22.9	L1 – L2
		7 – 10+	2 - 4	38 - 40	5	63 - 65	24.4 – 26.6	L1 – L2
	Arms	1 -3	2 - 4	30 - 34	5	55 - 59	16.5 – 19.6	L1 – L2
		4 - 6	2 - 4	35 - 37	5	60 - 62	21.7 – 22.9	L1 – L2
		7 – 10++	2 - 4	38 - 40	5	63 - 65	24.4 – 26.2	L1 – L2
	Chest/ Back	1 -3	2 - 4	30 - 33	5	60 - 63	18.5 – 21.1	L1 – L2
		4 - 6	2 - 4	34 - 36	5	64 – 66	21.7 – 23.8	L1 – L2
		7 - 10	2 - 4	37 - 40	5	67 - 70	26.6 – 28.3	L1 – L2
		1 -3	2 - 4	30 - 35	5	55 - 58	20.1 – 19.6	L1 – L2
	Bikini	4 - 6	2 - 4	36 - 38	5	59 - 61	20.7 – 23.6	L1 – L2
		7 – 10+	2 - 4	39 - 40	5	62 - 65	24.2- 26.6	L1 – L2
		1 -3	2 - 4	30 - 34	5	60 - 64	18.5 – 21.7	L1 – L2
	Legs	4 - 6	2 - 4	35 - 36	5	65 - 66	23.2 – 23.8	L1 – L2
		7 – 10+	2 - 4	37 - 40	5	67 - 70	26.6 – 28.3	L1 – L2

Skin Fitzpatrick	Treatment Area	Treatment No#	No # Pass	Pulse Duration (Ms)	Frequency (Hz)	Intensity	Energy Density	Cooling Level
	Face	1 -3	2 - 4	30 - 30	6	45 - 48	16.9 – 17.6	L1 – L2
		4 - 6	2 - 4	30 - 30	6	49 - 51	17.6 – 19.1	L1 – L2
		7 – 10+	2 - 4	32 - 34	6	52 - 55	19.7 – 24.8	L1 – L2
III	Under Arm	1 -3	2 - 4	30 - 32	6	50 - 52	18.4 – 19.7	L1 – L2
		4 - 6	2 - 4	33 - 37	6	53 - 56	21.2 – 24.8	L1 – L2
		7 – 10+	2 - 4	37 - 39	6	57 - 59	24.8 – 27.2	L1 – L2
	Arms	1 -3	2 - 4	30 - 32	6	50 - 52	18.4 – 19.7	L1 – L2
		4 - 6	2 - 4	33 - 36	6	53 - 56	21.2 – 24.1	L1 – L2
		7 – 10+	2 - 4	37 - 40	6	57– 60	24.8 – 29.9	L1 – L2
	Chest/ Back	1 -3	2 - 4	30 - 33	6	55 - 58	20.0–22.9	L1 – L2
		4 - 6	2 - 4	34 - 35	6	59 - 60	23.6-26.1	L1 – L2
		7 – 10+	2 - 4	36 - 40	6	61 - 65	26.9 –32.0	L1 – L2
		1 -3	2 - 4	30 - 32	6	50 - 52	18.4 –19.7	L1 – L2
	Bikini	4 - 6	2 - 4	34 - 38	6	54 - 58	21.8 –26.4	L1 – L2
		7 – 10+	2 - 4	39 - 40	6	59 - 60	27.2 –29.9	L1 – L2
		1 -3	2 - 4	30 - 32	6	55 - 57	20.0 - 21.3	L1 – L2
	Legs	4 - 6	2 - 4	33 - 37	6	58 - 62	22.9 –27.6	L1 – L2
		7 – 10+	2 - 4	38 - 40	6	63 - 65	29.4 –33.0	L1 – L2

Skin Fitzpatrick	Treatment Area	Treatment No#	No # Pass	Pulse Duration (Ms)	Frequency (Hz)	Intensity	Energy Density	Cooling Level
	Face	1 -3	2 - 3	30 - 30	6	40 - 44	15.3 – 16.	L1 – L2
		4 - 6	2 - 3	30 – 30	6	45 - 47	16.9 – 17.6	L1 – L2
		7 – 10+	2 - 3	30 - 30	6	48 - 50	17.6 – 18.4	L1 – L2
IV	Under Arm	1 -3	2 - 3	30 -30	6	45 - 47	16.9 – 17.6	L1 – L2
		4 - 6	2 - 3	30 - 33	6	48 - 53	17.6 – 21.2	L1 – L2
		7 – 10+	2 - 3	34 - 38	6	54 - 58	21.8 – 26.4	L1 – L2
	Arms	1 -3	2 - 3	30 - 30	6	45 - 48	16.9 – 17.6	L1 – L2
		4 - 6	2 - 3	30 - 31	6	49 - 52	17.6 – 19.1	L1 – L2
		7 – 10+	2 - 3	33 - 35	6	53- 55	21.2 - 23.4	L1 – L2
	Chest / Back	1 -3	2 - 3	30 - 34	6	50 - 53	19.1– 21.8	L1 – L2
		4 - 6	2 - 3	35 - 38	6	54 - 57	22.5 – 25.5	L1 – L2
		7 – 10+	2 - 3	38 - 40	6	58 - 60	26.4 – 29.9	L1 – L2
		1 -3	2 - 3	30 - 30	6	45 - 48	16.9 – 16.9	L1 – L2
	Bikini	4 - 6	2 - 3	30 - 32	6	49 - 52	19.7 – 19.1	L1 – L2
		7 – 10+	2 - 3	33 - 35	6	53 - 55	21.2 – 23.4	L1 – L2
		1 -3	2 - 3	30 - 33	6	50 - 53	18.4 – 21.2	L1 – L2
	Legs	4 - 6	2 - 3	34 - 36	6	54 - 56	21.8 – 24.1	L1 – L2
		7 – 10+	2 - 3	37 - 39	6	57 - 59	24.8 - 27.2	L1 – L2

Skin Fitzpatrick	Treatment Area	Treatment No#	No # Pass	Pulse Duration (Ms)	Frequency (Hz)	Intensity	Energy Density	Cooling Level
	Face	1 -3	1 - 2	30 - 30	6	35 - 37	13.8 – 14.5	L1 – L2
		4 - 6	1 - 2	30 - 30	6	38 - 41	14.5 – 15.3	L1 – L2
		7 – 10+	1 - 2	30 – 30	6	42 - 45	16.1 – 16.9	L1 – L2
V	Under Arm	1 -3	1 - 2	30 - 30	6	40 - 43	15.3 – 16.1	L1 – L2
		4 - 6	1 - 2	30 - 30	6	44 - 47	16.1 – 17.6	L1 – L2
		7 – 10+	1 - 2	30 - 30	6	48 – 50	17.6 – 30.0	L1 – L2
	Arms	1 -3	1 - 2	30 – 30	6	40 - 44	15.3 – 16.1	L1 – L2
		4 - 6	1 - 2	30 – 30	6	45 – 47	16.9 – 17.6	L1 – L2
		7 – 10+	1 - 2	30 - 30	6	48 - 50	17.6 – 18.4	L1 – L2
	Abdomen	1 -3	1 - 2	30 - 30	6	46 - 48	16.9 – 17.6	L1 – L2
		4 - 6	1 - 2	30 - 31	6	49 -51	17.6 – 19.1	L1 – L2
		7 – 10+	1 - 2	33 - 35	6	53 - 55	21.2 – 23.4	L1 – L2
		1 -3	1 - 2	30 – 30	6	40 - 43	15.3 – 16.1	L1 – L2
	Bikini	4 - 6	1 - 2	30 – 30	6	44 - 47	16.1 – 17.6	L1 – L2
		7 – 10+	1 - 2	30 - 30	6	48 - 50	17.6 – 18.4	L1 – L2
		1 -3	1 - 2	30 – 30	6	45 - 47	16.9 – 17.6	L1 – L2
	Legs	4 - 6	1 - 2	30 – 31	6	48 - 51	17.6 – 19.1	L1 – L2
		7 – 10+	1 - 2	32 - 35	6	52 – 55	19.7 – 23.4	L1 – L2

Skin Fitzpatrick	Treatment Area	Treatment No#	No # Pass	Pulse Duration (Ms)	Frequency (Hz)	Intensity	Energy Density	Cooling Level
	Face	1 -3	1	30 - 30	7	30 - 33	13.5 – 14.4	L1 – L2
		4 - 6	1	30 – 30	7	34 - 37	16.2 – 17.1	L1 – L2
		7 – 10+	1	30 - 30	7	38 - 40	17.1 - 18.0	L1 – L2
VI	Under Arm	1 -3	1	30 - 30	7	36 - 38	17.1 – 17.1	L1 – L2
		4 - 6	1	30 – 30	7	39 - 42	18.0 – 18.9	L1 – L2
		7 – 10+	1	30 - 30	7	43 - 45	18.9 - 19.8	L1 – L2
	Arms	1 -3	1	30 – 30	7	36 - 38	17.1 – 17.1	L1 – L2
		4 - 6	1	30 – 30	7	39 - 42	18.0 – 18.9	L1 – L2
		7 – 10+	1	30 -	7	43 - 45	18.9 – 19.8	L1 – L2
	Chest / Back	1 -3	1	30 - 30	7	40 - 43	18.0 – 18.9	L1 – L2
		4 - 6	1	30 - 30	7	44 - 46	18.9 - 19.8	L1 – L2
		7 – 10+	1	30 - 30	7	47 - 50	20.7 – 21.6	L1 – L2
		1 -3	1	30 - 30	7	35 – 37	16.2 – 17.1	L1 – L2
	Bikini	4 - 6	1	30 - 30	7	38 – 41	17.1 – 18.0	L1 – L2
		7 – 10+	1	30 - 30	7	42 - 45	18.9 - 19.8	L1 – L2
		1 -3	1	30 - 30	7	40 - 41	18.0 – 18.0	L1 – L2
	Legs	4 - 6	1	30 - 30	7	43 – 45	18.9 – 19.8	L1 – L2
		7 – 10+	1	30 - 30	7	46 - 50	19.8 – 21.6	L1 – L2

If no heat or prickling sensation is felt, you may increase the fluence by 1 or 2. Sensation is not always felt or necessary. First, always look for other indications of successful response. Do not adjust any other settings.

If treatment is painful or the heat is too high, decrease the fluence. On a scale of 1 – 10, the client should not feel more than a 2 or 3. Post treatment, follow up with the client to ensure there is no burn. Do not adjust any other settings.

**NOTE:** The INCREDIBLE PLUTUS Super Ice laser hair removal system is designed for precise and effective hair reduction. Its advanced multi-pulse laser technology delivers energy precisely to hair follicles, and the integrated cooling system (including a sapphire cooling tip and continuous cooling) enhances client comfort during treatment. Because of this cooling and controlled energy delivery, many clients report minimal sensation — often described as a light, warm or slight prickling feeling — and on a discomfort scale of 1 to 10, it is typically no more than 1 – 2 for most people.

#### 4.4 How to Identify Successful Laser Hair Removal Treatment with the PLUTUS Ice

Technicians can confirm that a treatment is effective by observing immediate, visible, and tactile cues, rather than waiting for client feedback:

##### Hair Follicle Response

- Hair may appear slightly raised or “popped up” in the treated area.
- On thicker hairs, you may notice a slight follicle contraction or “tug” effect.

##### Immediate Visual Feedback

In some cases, hair may appear slightly singed, or the follicle opening may darken — subtle signs that the laser energy was absorbed correctly.

When you encounter a few hairs that are protruding above the skin, an effective pulse will often cause the hair to bend, kink or curl or slightly move within the follicle.

##### Hair Shedding Timing

- Effective pulses cause hair in the treated area to naturally shed over the next 14-21 days.
- Technicians can mark treated areas and track shedding rather than waiting for client sensation.

##### Key Point for Technicians

A successful treatment does not rely on the client's sensations. Minimal client feeling (light prickling or warmth), but not always the case. The objective signs above are the true indicators of effectiveness.

**NOTE:** When contacting the skin at L2 & L3, keep the handpiece moving to prevent the crystal from sticking and causing frostbite. L3 can be used in areas with denser, more sensitive hair.

## 5. Price Guide Suggestions

### 5.1 Women

- Full Face Package (6 Sessions)
- Includes: Full Face + Neck
- Regular Price: \$894
- Member Price: \$594

#### **Brazilian + Underarms Package**

- (6 -8 Sessions)
- Regular Price: \$2,088
- Member Price: \$1,200

#### **Full Body Package (8 Sessions)**

- Regular Price: \$2,994
- Member Price: \$1,494

### 5.2 Men

- Upper Body Package (6 Sessions)
- Includes: Chest, Upper Back, Lower Back
- Regular Price: \$2,394
- Member Price: \$1,494

#### **Ultimate Men's Face & Neck Package**

- Included Areas: Forehead, cheeks, Neck, Nape of Neck
- Regular Price: \$5,94
- Member Price: \$415

#### **Full Body Package (6 Sessions)**

- Regular Price: \$2,994
- Member Price: \$1,494

**NOTE:** Each province, city and area differs in price. You will need to research your market.

### 5.3 Promotions to Attract Clients

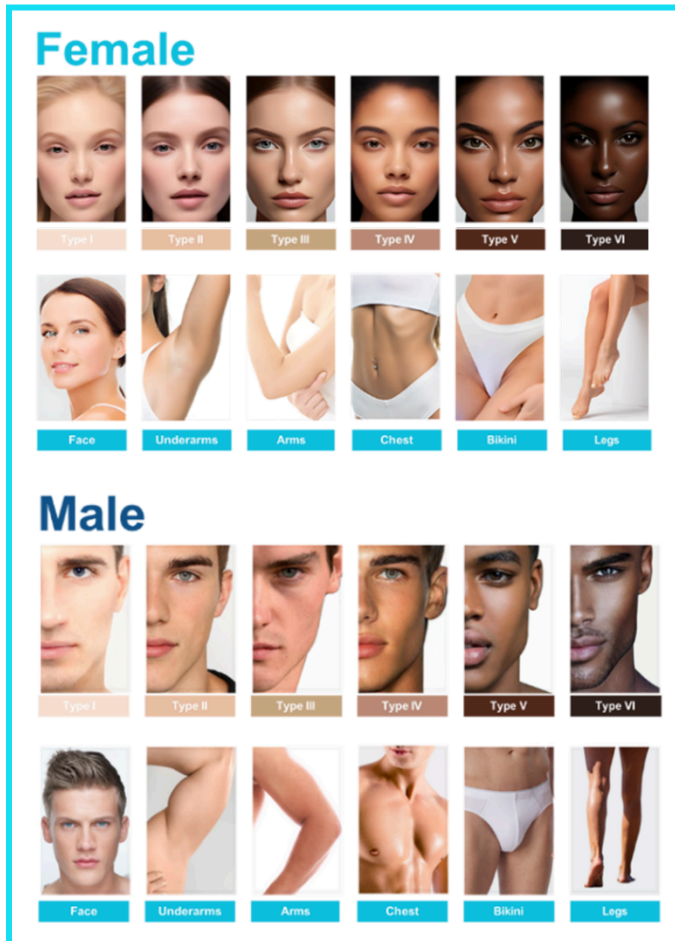
**First-Time Client Discount:** 10% off any package of up to 3 treatments.

**Referral Discount:** \$50 off for every new client referral, and the referee will receive a \$50 credit for any service over \$100.

**Seasonal Offer:** Full-Body Package for \$1,350, 6 sessions (limited time).

## 6. Tones

### 6.1 Female and Male Skin Tones and Types



- Skin Type I: Very fair skin (Never tans, always burns).
- Skin Type II: Fair skin (Tans minimally, burns easily).
- Skin Type III: Medium skin (Tans gradually, burns moderately).
- Skin Type IV: Olive skin (Tans easily, burns minimally).
- Skin Type V: Brown skin (Tans well, rarely burns)
- Skin Type VI: Dark brown or black skin (Always tans, never burns)

## 7. Fitzpatrick Characteristics

### 7.1 Fitzpatrick Chart

Fitzpatrick Type	Characteristics
Fitzpatrick I	<p><b>Very Fair Skin</b> (Usually Warm Undertones)</p> <p><b>Eye Colour Range</b> Light blue Light green Gray</p> <p><b>Hair Colour Range</b> Red Strawberry blonde Very light blonde</p> <p><b>Skin Characteristics</b> Extremely fair / porcelain skin Always burns, often blisters, peels, seldom/ never tans Freckles common Very high sensitivity to UV exposure Very low melanin production</p> <p><b>Common Ethnic Backgrounds</b> Northern West European Celtic (Irish, Scottish) Scandinavian</p>

Fitzpatrick Type	Characteristics
Fitzpatrick II	<p><b>Very Fair/Pink Skin</b> (Usually Warm Undertones)</p> <p><b>Eye Colour Range</b> Blue Green Gray Light hazel Light Brown</p> <p><b>Hair Colour Range</b> Red Strawberry blonde Very light blonde Blonde Lt - Med Light brown (Rare) Dark Brown</p> <p><b>Skin Characteristics</b> Fair skin Always burns, my blister, peels, and tans minimally Tan fades in 1-2 weeks without sun exposure Freckles Moderate UV sensitivity Low melanin production</p> <p><b>Common Ethnic Backgrounds</b> Northern &amp; Western European Eastern European</p>

Fitzpatrick Type	Characteristics
Fitzpatrick III	<p><b>Fair to Medium Skin</b> (Can be warm or cool undertones)</p> <p><b>Eye Colour Range</b> Blue Green Med – Dark Hazel Lt - Dark brown Almost any eye colour except Black</p> <p><b>Hair Colour Range</b> Med - Dark blonde Chestnut Lt - dark brown Black brown</p> <p><b>Skin Characteristics</b> Light beige to olive undertones  Sometimes burns, sometimes peels, usually 1st sun explosion, then can build a tan. Gradually, can achieve a deep tan Few freckles Holds tan 3 – 4 weeks without sun exposure More even pigmentation</p> <p><b>Common Ethnic Backgrounds</b> European</p>

Fitzpatrick Type	Characteristics
Fitzpatrick IV	<p>Lt- Medium / Olive Skin Usually cool undertones. Rare, but may have a warm undertone.</p> <p><b>Eye Colour Range</b> Any eye colour, but usually: Dk Blue Dk Hazel Med – Dark Brown Black</p> <p><b>Hair Colour Range</b> Med – Dk Blonde (Rare. Can be white-blonde until puberty) Auburn Black</p> <p><b>Skin Characteristics</b> Lt – Med Olive or light brown skin Rarely burns, rarely peels Tans easily and deeply (will have pigment response same day, pigment will deepen over 72 hrs. without further sun exposure) Higher melanin levels Can hold residual tan for months Seldom freckle Increased risk of post-inflammatory hyperpigmentation (PIH) Risk for Melasma</p> <p><b>Common Ethnic Backgrounds</b> Caucasian mix with dark Ethnicity Mediterranean (even if ginger)</p>

Fitzpatrick Types	Characteristics
Fitzpatrick V	<p>Med - Dark Brown Skin Usually cool undertones. Rare, but may have a warm undertone.</p> <p><b>Eye Colour Range</b> Any eye colour, but unusually. Med - Dark brown Black Brown Black</p> <p><b>Hair Colour Range</b> Rare, but may have Lt – med brown. Usually: Dark brown Black</p> <p><b>Skin Characteristics</b> Naturally brown skin Very rarely burns Tans very easily High melanin concentration High risk for PIH and keloid scarring High risk for Melasma</p> <p><b>Common Ethnic Backgrounds</b> First Nation Some Middle Eastern Central Asian - Pakistan - Kazakhstan - Uzbekistan - Turkmenistan South &amp; Southeast Asian – - Filipino - Thailand - Indonesian East Indian North - Central African American Afro-Caribbean</p>


Fitzpatrick Type	Characteristics
Fitzpatrick VI	<p>Med - Dark Brown Skin Usually cool undertones. Rare, but may have a warm undertone.</p> <p><b>Eye Colour Range</b> Any eye colour, but unusually. Med - Dark brown Black Brown Black</p> <p><b>Hair Colour Range</b> Rare, but may have Lt – med brown. Usually: Dark brown Black</p> <p><b>Skin Characteristics</b> Naturally brown skin Very rarely burns Tans very easily High melanin concentration High risk for PIH and keloid scarring High risk for Melasma</p> <p><b>Common Ethnic Backgrounds</b> First Nations Some Middle Eastern Central Asian - Kazakhstan - Uzbekistan - Turkmenistan South &amp; Southeast Asian – - Pakistan - Filipino - Thailand - Indonesian East Indian &amp; North - Central African American</p>

# INCREDIBLE<sup>TM</sup>

## DEVICES

### INCREDIBLE THERAPEUTIC SYSTEMS


 11990 224 Street, Maple Ridge,  
BC V2X 2X5, Canada

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