

Create a better life with LED technology

USER MANUAL

Red Light Therapy Device



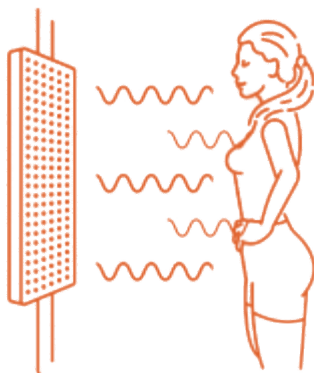
About Red Light Therapy

Red Light Therapy (RLT) emits specific wavelengths of light through the skin to stimulate the body's natural healing and regeneration processes. Delivered at optimal wavelengths and energy levels, red and near-infrared (NIR) light protect cells from nitric oxide damage, ensuring ATP production even during stress or illness. Red light penetrates deep into mitochondria, supporting oxygen utilization and promoting healing, performance, appearance, and overall well-being. Red light spans approximately 600-700 nm, while near-infrared light ranges from 700-1100 nm. Research supports benefits mainly in the 620-680 nm and 800-880 nm ranges, with thousands of studies conducted in both animals and humans.

Benefits of Red and Near-Infrared Light:

- Enhances cellular function
- Improves blood circulation
- Promotes recovery and healing
- Reduces inflammation
- Improves skin health and appearance
- Supports circadian rhythm and sleep quality

Light Spectrum Chart



Wavelength (nm): 400 450 500 550 600 650 700 850

Applications: Hair Growth, Skin Health, Recovery, Circulation, Pain Relief, Testosterone Support, Cellular Health

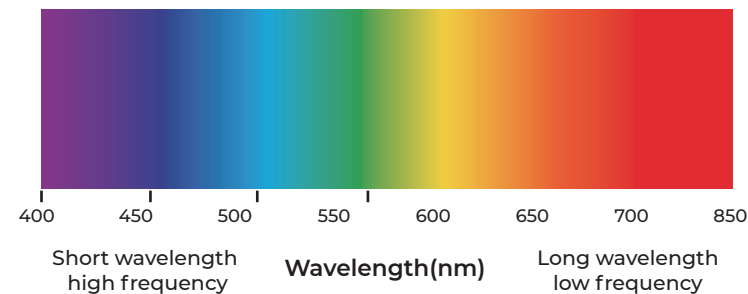
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Benefits of Red Light Therapy

LIGHT SPECTRUM CHART

Natural Light Spectrum In Nanometers



● Promotes recovery and healing

Light therapy is widely used by trainers and pro athletes to improve performance, and support the recovery process. Muscle cells require a great deal of energy, and grow and strengthen through a process of tears and repairs. Light therapy helps your body produce and use energy more efficiently.



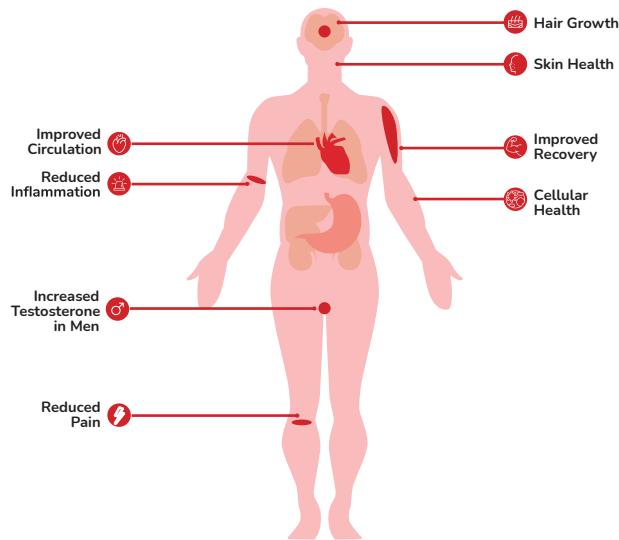
● Improves blood circulation

In conjunction with a healthy lifestyle, light therapy can have them work by improving cellular health across the entire body.



● Enhances cellular function

One of the potential benefits of light therapy is a significant increase in blood circulation. This indicates tissues are receiving more oxygen and other nutrients that are important for healing. At the same time, light helps the body and circulatory system rid itself of toxic byproducts.



● Supports circadian rhythm and sleep quality

Therapy is Healthy light intake is essential for sleep and maintaining natural circadian rhythms. Our brains interpret light as a sign of when to be awake and asleep, and when to make crucial sleep hormones like melatonin. Bright blue light at night can knock your sleep cycle out of whack, but red light is a lower-intensity alternative that can help support longer, more restful sleep.



● Improves skin health and appearance

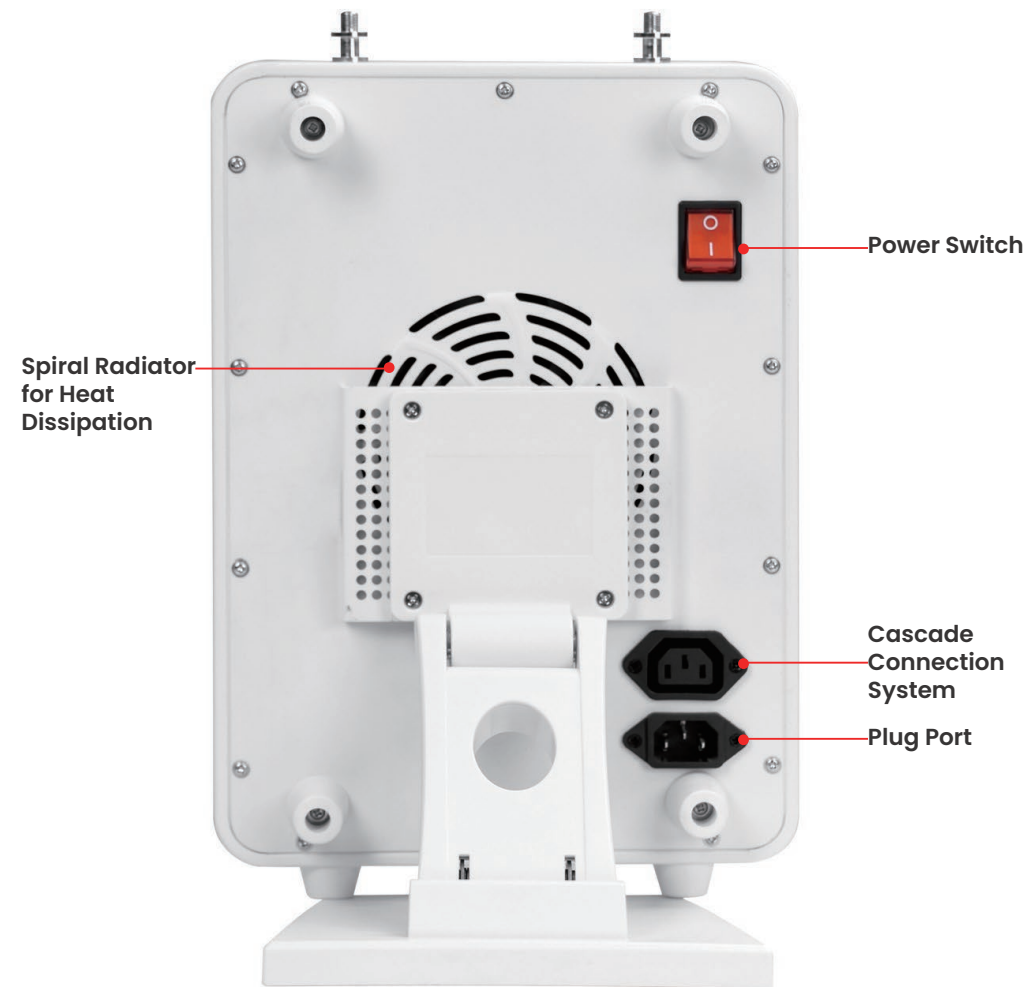
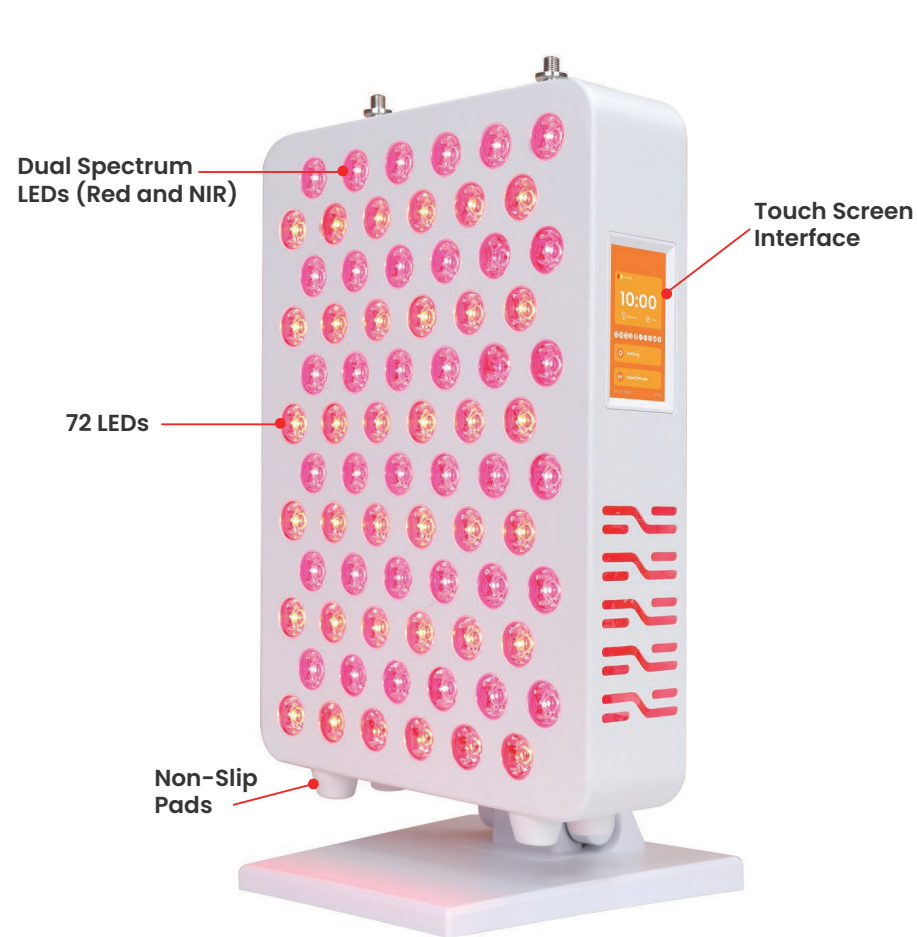
Taking in healthy light is crucial for skin cells, skin health, and beauty. Red and NIR light promotes balance across the body and skin by enhancing cellular respiration, making energy production more efficient, with less oxidative stress. With balance, your skin will look and feel softer and more invigorated.



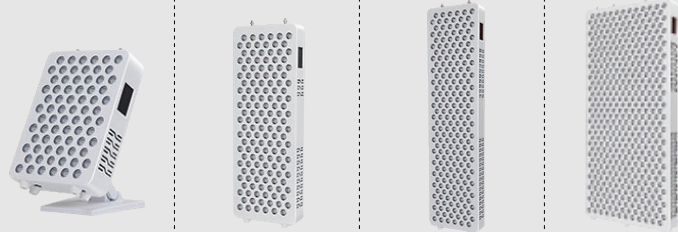
● Reduces inflammation

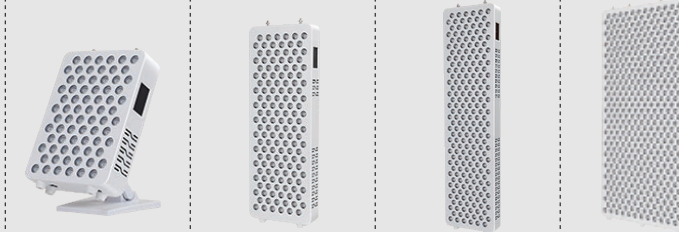
Light therapy helps your body's natural inflammation process as you recover from illness or injury. Red light therapy also supports arthritis and joint pain relief by improving blood flow to damaged tissues.

Product Structure



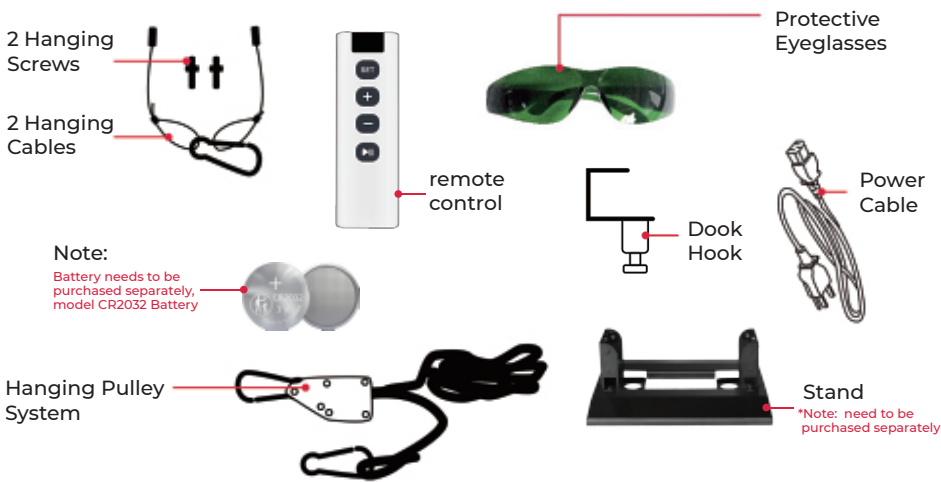
Noted. This is the product description for one model, other modes have different size and led quantity.

Pictures				
	Model	Mini	Mid	Pro
Specification	5W Dual Spectrum, Wavelengths 630/650/660/670/810/830/850/1060 nm (1:1:1:1:1:1:1 ratio)			
Dimensions	32*23*6.5cm	64*23*6.5cm	92*23*6.5cm	92*42*7cm
Number of LEDs	72	144	216	432
Lens	30 degree&customized			
APP Function	Supported			
Bluetooth	Supported			
Brightness	8 wavelength controlled indivisually set 0-100%			
Pulsing	8 wavelength controlled indivisually set 1-10000hz			
Modes	3 Modes: RED/NIR/ALL			
Number of wavelengths	8			
Irradiance Data	R+NIR: 6inch≥157.6 mw/cm2	R+NIR: 6inch≥163.6 mw/cm2	R+NIR: 6inch≥175.1 mw/cm2	R+NIR: 6inch≥181.3 mw/cm2
Materials	Iron shell			

Pictures				
	Working Current	0.918A±5%/220V 1.549A±5%/110V	1.735A±5%/220V 3.019A±5%/110V	2.561A±5%/220V 4.401A±5%/110V
Input voltage	AC100~240V			
Rated power	120W	240W	360W	720W
Product weight	3.9kg±0.5kg	6.0kg±0.5kg	8.5kg±0.5kg	15.3kg±0.5kg
Package size	41*37*18.6CM	71*13.8*37.5CM	103*15*40.5MM	102*15*57.5MM
Packing weight	5.3kg±0.5kg	6.9kg±0.5kg	10.6kg±0.5kg	18kg±0.5kg
Operating temperature	5~50°C			
Storage temperature	-20~-+60°C			
Product surface temperature	≤40°C			
Warranty	3years			
Rated Lifespan	50000hour			
EMF Emission	0.0 μT@4"			
Best For	Targeted Treatment	Half body	Mostly Full Body	Full Body

Model	Ultra	Mega	Largest
Specification	5W Dual Spectrum, 630:650:660:670:810:830:850:1060 = 1:1:1:1:1:1:1:1		
Dimensions	153*42*6.5cm	184*42*6.5cm	189*58*6.5cm
Number of LEDs	720	864	1152
Lens	30 degree&customized		
APP Function	Supported		
Bluetooth	Supported		
Brightness	8 wavelength controlled indivisually set 0-100%		
Pulsing	8 wavelength controlled indivisually set 1-10000hz		
Modes	3 Modes: RED/NIR/ALL		
Number of wavelengths	8		
Materials	Iron shell		
Rated power	1200W	1440W	1650W
Product weight	28kg±0.5kg	31kg±0.5kg	65kg±0.5kg
Input voltage	AC100-240V		
Irradiance Data	R+NIR: 6inch≥1400W/m²	R+NIR: 6inch≥1400W/m²	R+NIR: 6inch≥1400W/m²

Parts Include



Mini

1xLight	1xPower Plug	1xManual
1xGlasses	1xRemote Control	

Mid,Pro

1xLight	1xPower Plug	1xManual
1xGlasses	1xRemote Control	2×Hanging Screws
1×Door Hook	1×Hanging Pulley	2×Hanging Cables

Max,Ultra,Mega,Largest

1xLight	1xPower Plug	1xManual
1xGlasses	1xRemote Control	4×Hanging Screws
2×Door Hook	2×Hanging Pulley	4×Hanging Cables

Operating Instructions for Touch Screen

- Master Interface: View settings for timer, mode, and brightness.
 - Timer Setting: Adjustable from 1 to 30 minutes.
 - Mode Selection: Choose RED, NIR, or ALL.
 - Brightness Adjustment: Modify brightness from 0% to 100%.
 - Pulsing Frequency Adjustment: Modify pulsing from 1 to 10,000 Hz.
 - Alarm Function: Set reminders for different body areas.
 - Screen and Volume Adjustments: Set screen brightness and operational volume.
- Operating Instructions for App
- Connect via Bluetooth.
 - Control all functions remotely: timer, brightness, pulsing, mode, reminders.



Operating Instructions for App

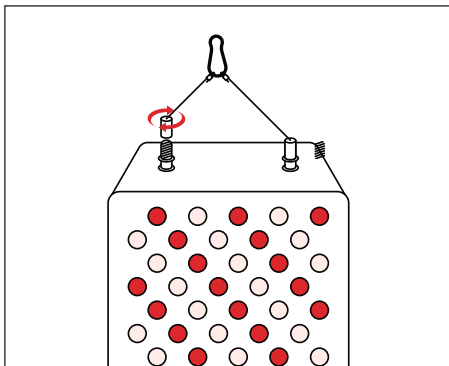
- Connect via Bluetooth.
- Control all functions remotely: timer, brightness, pulsing, mode, reminders.



Instruction of installation

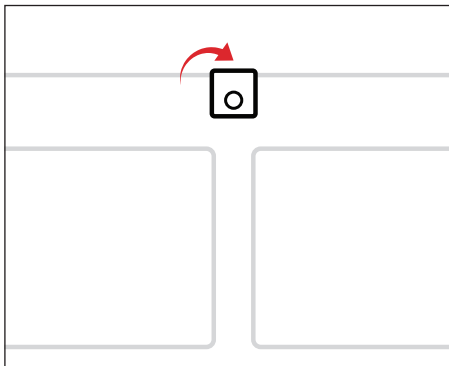
STEP 1

Place the device face-down on a soft, scratch-free surface.



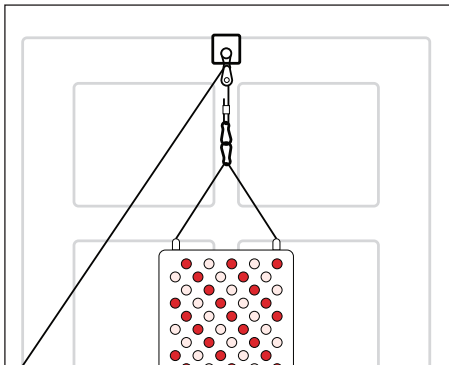
STEP 2

Attach the threaded posts securely into the top of the device.



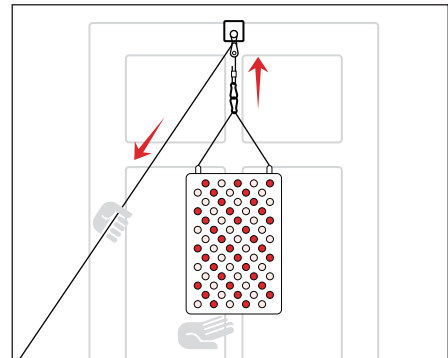
STEP 3

Connect the braided cables firmly to the posts.



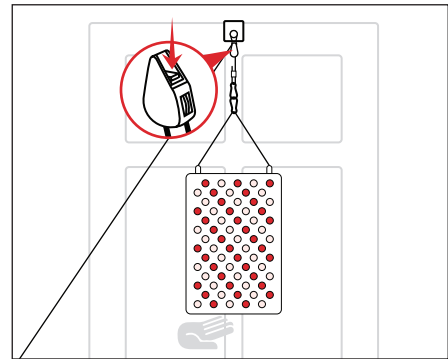
STEP 4

Hang the device using door hooks and pulleys, adjusting the height as needed.



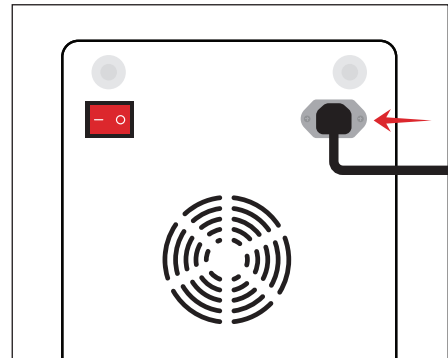
STEP 5

Connect the power cable to the device and plug it into a wall outlet.



STEP 6

Turn on the device using the power switch.



Troubleshooting Guide

Quickly troubleshoot simple issues you might experience with the Red Light Therapy Panel using the table below.

Problem	Solution
Device not turning on	Ensure it is plugged into a power outlet and the power switch is on.
Device shuts off suddenly	Check the session timer; it defaults to 5 minutes if not manually set.
Pulsed light is not visible	NIR light is invisible to the naked eye; verify mode settings.

Safety Warnings

- 1 Always use protective glasses.
- 2 Never stare directly at LED lights.
- 3 Avoid use if you are pregnant, photosensitive, or taking photosensitizing medications.
- 4 Not recommended for individuals with seizure history triggered by light.
- 5 Avoid treating open wounds or recent sunburns.
- 6 Indoor use only; avoid exposure to water, high temperatures, and flammable vapors.
- 7 Unplug the device when not in use.
- 8 Handle cords carefully to prevent damage or injury.

Thank you for choosing RLPRO Red Light Therapy Device. For support, please contact our customer service team. Use responsibly to enhance your health and well-being.