USER MANUAL
Red Light Therapy Device

Create a better life with LED technology

What is Red Light Therapy

Red Light Therapy is a process of emitting light wavelengths through the skin to stimulate your bodies natural healing and regeneration processes.

When delivered within the optimal wavelengths and energy levels, red and near infrared light protect your body's cells from nitric oxide damage, which can otherwise stop the cell's production of ATP when you're stressed or ill. Red light photons allow your cells to continue utilizing oxygen effectively by minimizing the absorption of nitric oxide. Only red light therapy can reach all the way into a cell's mitochondria to stimulate healing and regeneration to help improve your appearance, performance. land overall well-being. generation to help improve your appearance, performance, and overall well-being.

How Does It Work
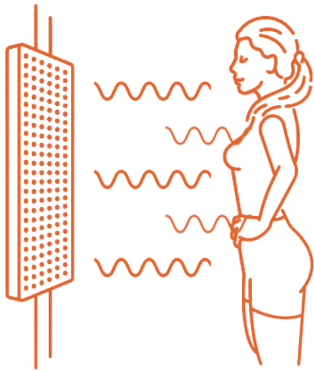
At the highest end of the visible light spectrum is red light, which goes from a little over 600nm to approximately 700nm.

Above the visible light spectrum is near-infrared (NIR) from about 700nm to a little over 1,100nm. It is specifically these red and near-infrared wavelengths that have amazing effects on our bodies. Most research showing benefits of red light and near-infrared light have used wavelengths in the ranges of 620-680nm and 800-880nm. There have now been literally thousands of studies done in both animals and humans.

Overall, red and near infrared light has beenrepeatedly shown to have positive effects on cell function in animal and human studies and aid in improving a wide range of conditions.
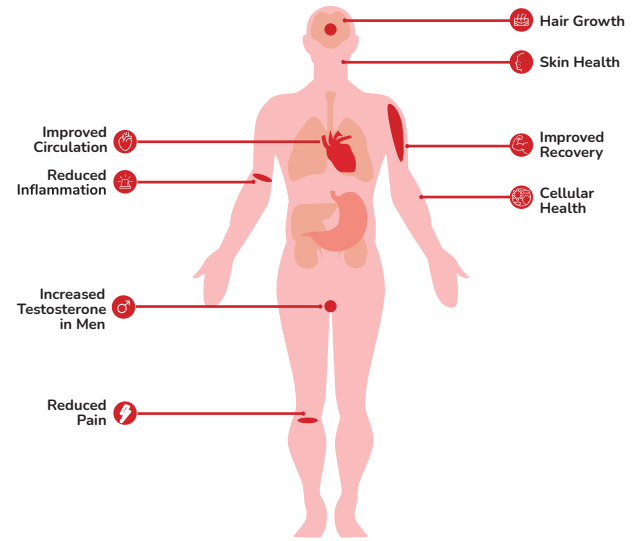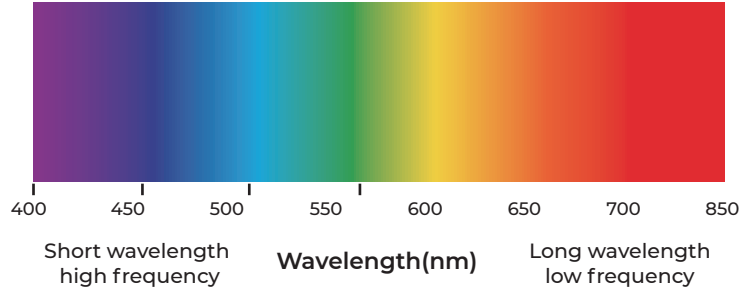
Content

Benefits of Red Ligt Therapy

LIGHT SPECTRUM CHART
Natural Light Spectrum In Nanometers

400	450	500	550	600	650	700	850

Short wavelength high frequency

Wavelength(nm)

Long wavelength low frequency

Hair Growth

Skin Health

Improved Circulation

Improved Recovery

Reduced Inflammation

Cellular Health

Increased Testosterone in Men

Reduced Pain

● Recovery, Healing, and Performance

Light therapy is widely used by trainers and pro athletes to im 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.

● Improved Blood Flow

In conjunction with a healthy lifestyle, light therapycan hav they work by improving cellular health across the entire body.

● Enhanced 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.

● Therapy is healthy light

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.

● Skin Health and Beauty

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. Wh balance, your skin will look and feel softer and more invigorated.

● Inflammation and Pain Relief

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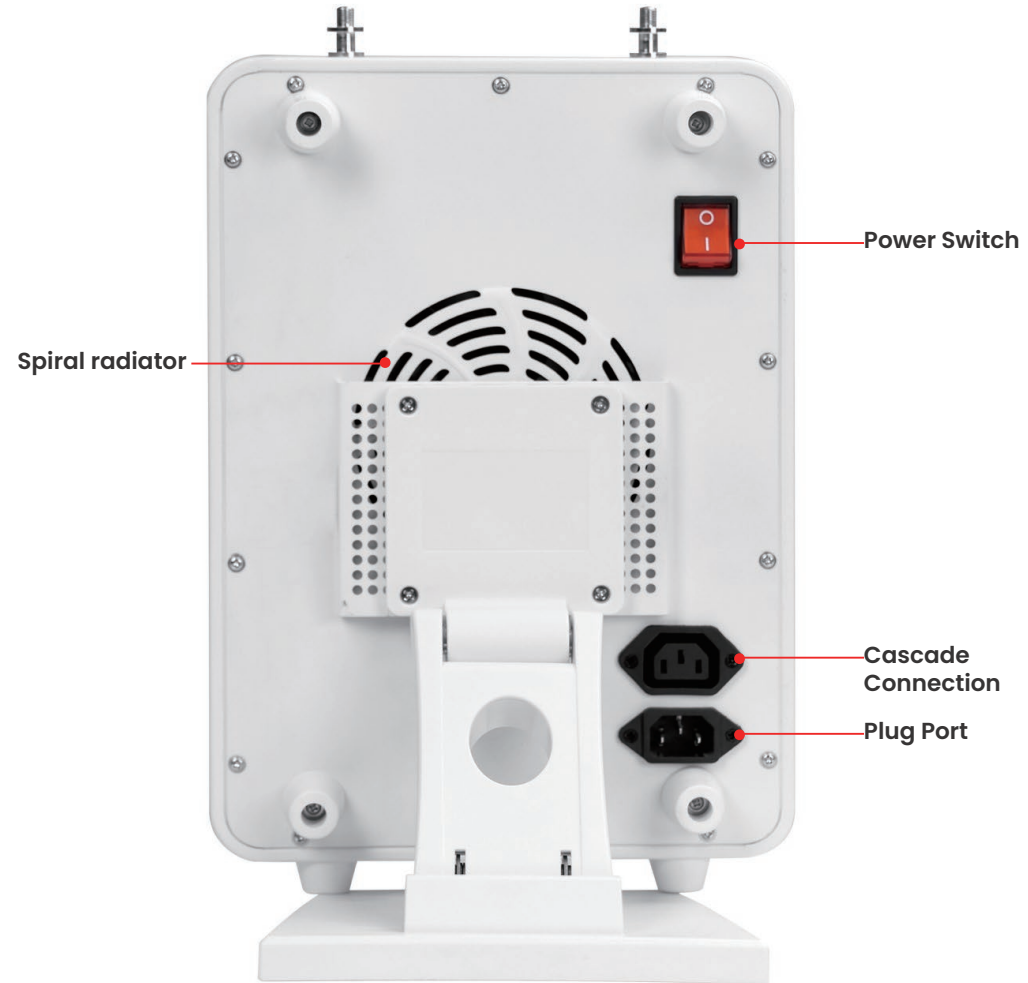
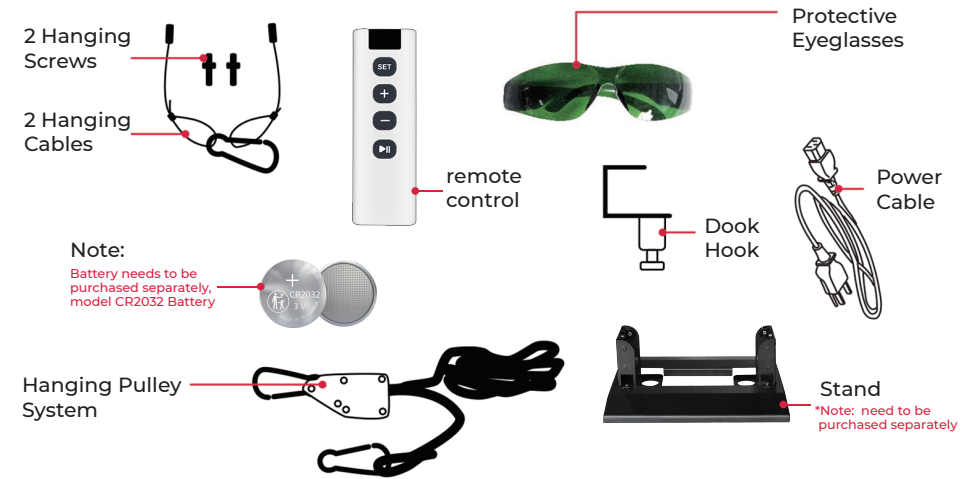Noted. This is the product description for one model, other modes have different size and led quantity.

Power Switch

Spiral radiator

Cascade Connection

Plug Port

10:00

Pictures				
Model	Mini	Mid	Pro	Max
Specification	**5W** Dual Spectrum, 630:650:660:670:810:830:850:1060 = 1:1:1:1:1:1:1:1			
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	2.994A+5%/220V 6.113A+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	5-50ºC			
Storage temperature	-20~+60ºC			
Product surface temperature	≤40ºC			
Warranty	3years			
Rated Lifespan	50000hour			
EMF Emission	0.0 µτ@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 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

2 Hanging Screws

2 Hanging Cables

remote control

Protective Eyeglasses

Power Cable

Dook Hook

Note:
Battery needs to be purchased separately, model CR2032 Battery

Hanging Pulley System

Stand
*Note: need to be purchased separately

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

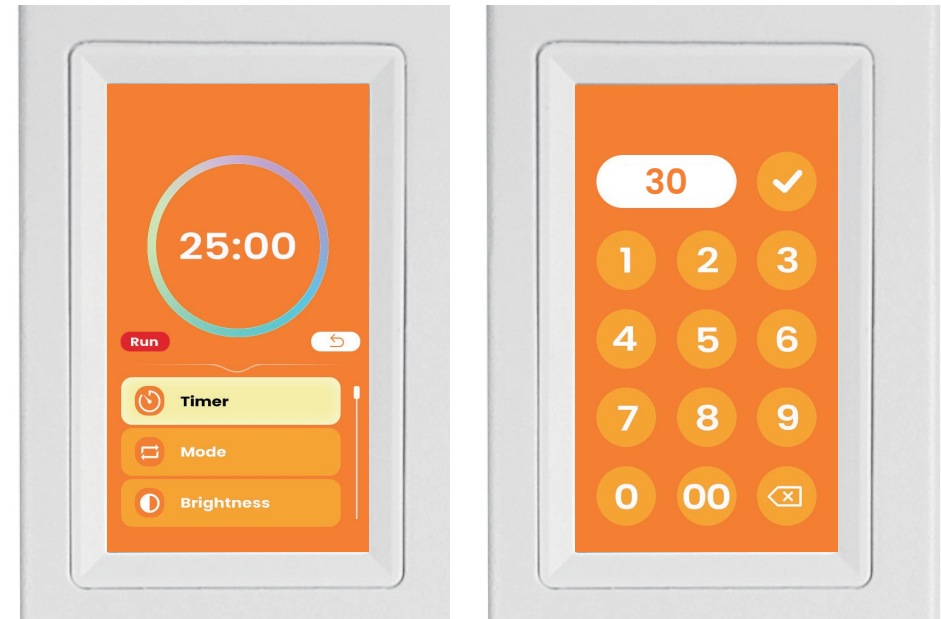# Operating Instructions for Touch Screen

1.Master interface

▶1) Here is the detailed result to show what you have settled for the Timer, Mode.

▶2) Scene: Press it to choose a fixed setting you need (Fat Loss/Skin/ Muscle/Joint Pain/Universial)

▶3) Start/Pause: Press it to turn on or turn off the light

▶4) Setting: Click to custom setting for Timer, Mode, Brightness, Frequency, Group Device, Alarm Clock, Date & Time etc.

Operating Instructions for Touch Screen

2.Slave Interface-Setting

▶1) Timer: It supports 1-30Mins. Two ways for time setting,

◄Drag the bar on the circle to adjust time

◄Click the center of circle area, so you will get the following page, and enter your desired time number. then press tick mark to save.

▶ 2) There are three modes:

RED: 630nm 650nm 660nm 670nm
NIR:810nm 830nm 850nm 1060nm
RED & NIR: 630,650,660,670,810,830,850,1060nm

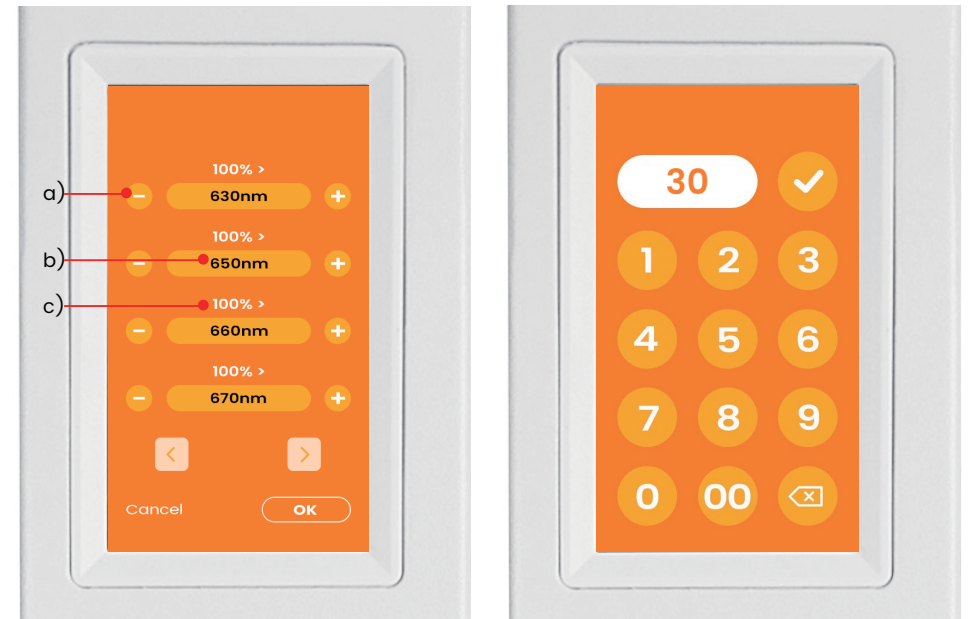▶ 3) Independent wavelength dimming:
It supports 0-100% brightness. Three ways for editing:

a) Click the left **"-" or "+"**

b) Sliding adjustment

c) Click the %, and enter your desired brightness

Operating Instructions for Touch Screen

▶ 4) Independent wavelength frequency setting: It supports
   0-10000Hz. Three ways for editing:

   a) Click the "-" or "+"

   b) Sliding adjustment

   c) Click the "NULL", enter your desired frequency

a)

b)

c)

NULL >
630nm

NULL >
650nm

357Hz >
660nm

NULL >
670nm

Cancel   OK

Pulse 660nm

357Hz   ✓

1   2   3

4   5   6

7   8   9

0   00   ⌫

Operating Instructions for Touch Screen

▶ 5) Group Setting:

   Set one panel to "Primary" and the other devices to "Secondary". At this time, all
   devices are only operated and controlled by the "Primary" device unless you
   press "Close".

Group

Primary   Solo   Secondary

Run   ↺

◐ Brightness

⩗ Pulse

👥 Group
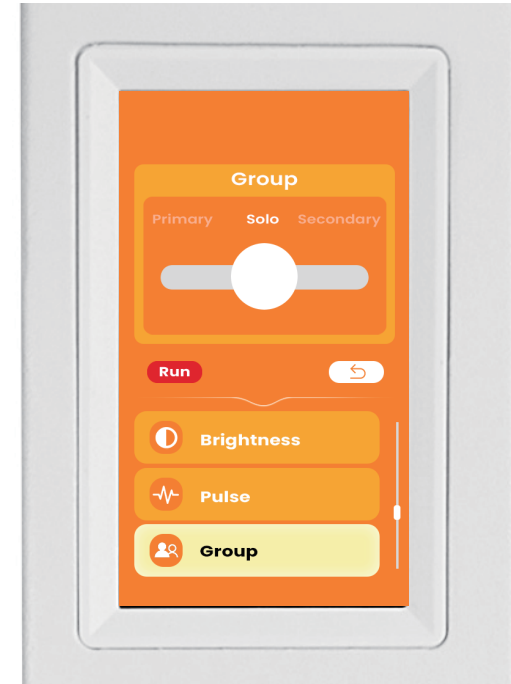
Operating Instructions for Touch Screen

▶ 6) Alarm Clock

a) Choose only once /Repeat everyday

b) Set the alarm time, timer, mode, brightness, pluse
(Tip:The alarm time is the ringing time, which also means that the lighting work has ended.
If you set the working time to 10 minutes, it will light up 10 minutes before the alarm rings)

c) Swipe left to turn off the alarm, swipe right to turn on the alarm.

d) Default 2 alarm clocks, but it allows to press "+" or "-" to add/delete alarm clock, max 10.

Operating Instructions for Touch Screen

▶ 7) Date & Time: Set the date and time for your region.
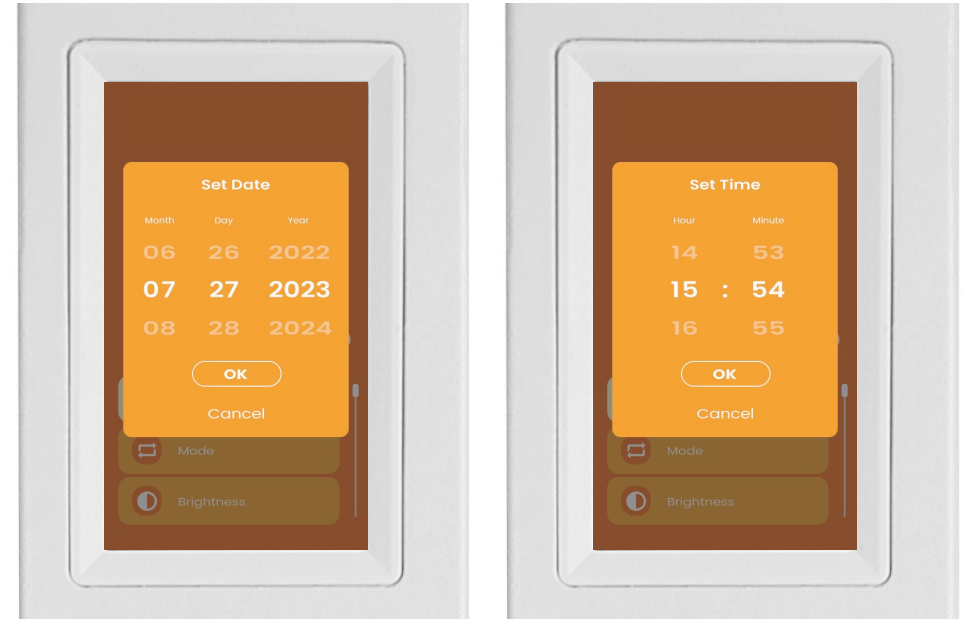
Operating Instructions for Touch Screen

▶8) Other Setting

　a) Bluetooth: open to connect APP.
　b) Work Alarm: It will "beep" when it has only half of its working time left. It is to remind you to treat different parts of the body.
　c) Volume: The sound of operational actions from 0% 25% 50% 75% 100%.
　d) Screen Brightness:0% 25% 50% 75% 100%
　e) Factory Reset.

▶9) About

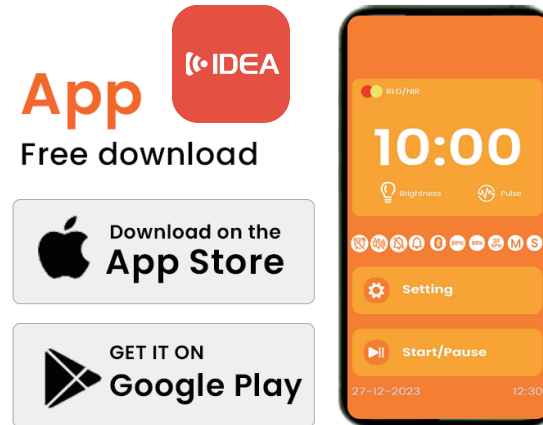## Operating Instructions for App

▶1) Check if you have bluetooth turned on(your phone and device)

　2) Find the app "IDEA" on Google Play/APP Store, download and open the app.

　3) Connect to your device and use it (Check your device's BLE NAME from "Setting-About")

App
Free download

Download on the App Store
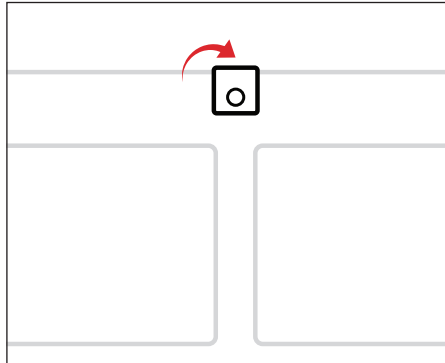
GET IT ON Google Play

Instruction of installation

STEP 1

· Turn the face of your
towards the scratch-free surface.
·Next, screw in the threaded posts on
the top of the device.
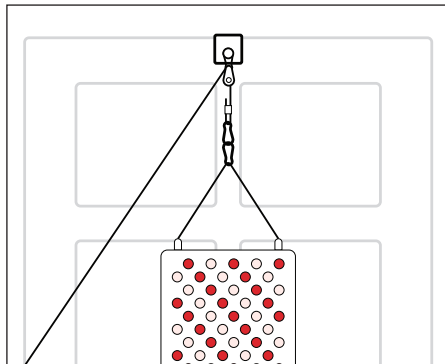· Then, screw the braided cables to
the threaded posts.
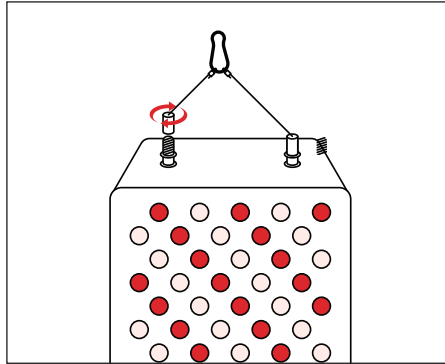
STEP 2

· Hang your device with the help
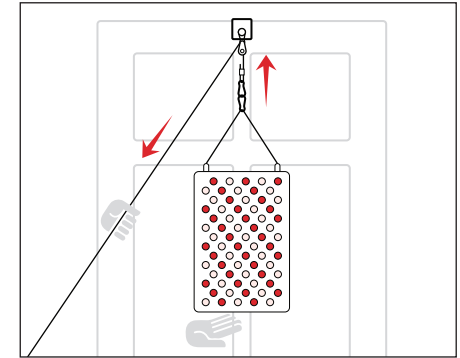of a hook on any standard sized door.

STEP 3

· Hang your red light on a door by
connecting the braided
cables to the snap link.

STEP 4

· For raising the height of you
red light, support the device with
your opposite hand and pull
down the loose cable.

**Be sure to adequately support the device while
raising and lowering it with the height-adjusting
system.**

STEP 5

· Push up on the lever on the
height adjusting pulley to
lower your red light and support
the device with your opposite hand.

**Be sure to adequately support the device while
raising and lowering it with the height-adjusting
system.**
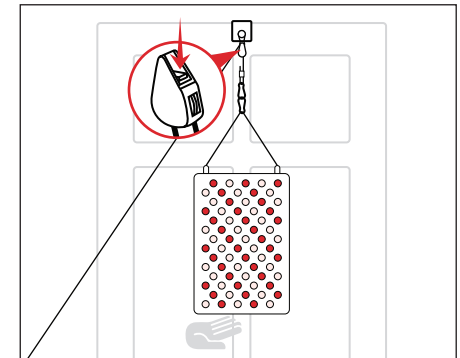
STEP 6

· There is a male power socket
on the backside of the device,
insert the power cord into it.
Plug the other end into a wall
socket.
· Turn the power switch on.
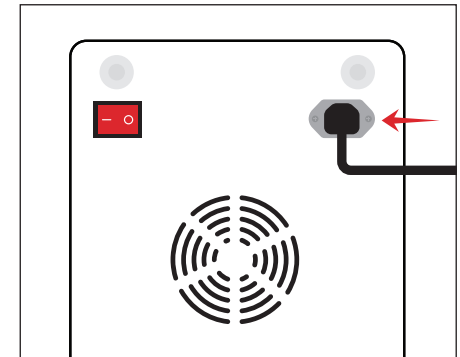
TROUBLESHOOTING GUIDE

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

Please contact a customer support representative for additional assistance. Please do not attempt to repair the Red Light Therapy Panel.

ISSUE	POSSIBLE REASON	HOW TO RESOLVE
DEVICE IS NOT WORKING	Device is not plugged in.	Plug the power cable into the power cable jack on the back of the device. Plug the power cable into a wall outlet.
	Device is not turned on.	Press red power switch on the back of the device to turn it on.
DEVICE STOPPED WORKING SUDDENLY	Device automatically shuts off after the set working time. If no specific working time is set, the device shuts off after the default working time of 5 mins.	Turn the Light on to begin a new red light therapy session. Wait 6 hours between 30-minute sessions.
PULSED LIGHT IS NOT ON	Pulsed light setting is not selected.	Frequency: It supports 0-10000Hz. ▶Click the "+" or "-" to adjust the frequency
LED LIGHTS DO NOT APPEAR TO BE ON WHILE DEVICE IS RUNNING.	Near-infrared (NIR)light is not visible to the naked eye.	Please check the current selection mode. The light will be on in the red light mode and the combined mode.

Warnings

1. Do not look directly at the light-emitting side of the device's LED light.

2. If the device overheats, turn it off immediately.

3. Do not attempt to disassemble the device as this may cause damage to the device.

4. Use of accessories other than those specified or provided by the manufacturer of this electromagnetic immunity.equipment could result in increased electromagnetic emissions or decreased.

5. If there is sunburn on your body in the past 2 weeks, it is recommended not to use this product.

6. This device is an electrical device. To avoid electric shock, adhere to the following:
Do not drop your device in water or liquids because you may get an electric shock.
Do not wash electrical parts with water or liquids.
Do not directly touch the device or touch the plugs or switches with wet hands.
Do not pull, carry, or lift the device by its cord. If the cord is damaged, do not use the device because you could get an electric shock.
Do not use the device if it has been dropped, left outside, or has encountered water or liquids.

7. Do not use on or near heated surfaces.

8. Do not operate this device in areas where it could be exposed to flammable orcombustible products, or where vapours may be present. Explosion of fire may occur.

9. Do not use the device if you have open wounds on the body.

10. Do not use the device if you have the Fitzpatrick Skin in Type V and Type VI.

11. Do not use this device if you are photosensitive.

12. Do not use the device if you are pregnant, or breastfeeding, or preparing pregnant.

13. Do not use the device if you are taking photosensitive drugs

14. Do not use the device if you have a medical history of seizures that were triggered by light.

15. This device is not to be used by disabled, sleeping, or unconscious persons.

16. If using the device causes any discomfort, discontinue use immediately.

17. If you suspect that you have had a negative reaction from using the device, consult your doctor immediately.

18. Do not scratch or damage the device.

19. Use indoors only.

20. Unplug fromoutlet when not in use to avoid tripping hazards.

21. Do not unplug by pulling directly onto the cord. Grasp the plug itself, not the cord,when unplugging from the outlet.

22. Do not store the device in the sun or on a hot surface. High temperatures may be damaging. The device should be operated, transported and stored in the manner specified in this manual. Failure to use and maintain the device in according with the instructions outlined in this manual will void the warranty.

23. Be careful to strangulation due to cables, keep away from children.