

# User Manual

To Enjoy A Healthy Life



# Instruction Manual

Congratulations on taking control of your pain !  
Now you can use the LED Red Light Therapy to provide direct, non-addictive, drug free pain relief.

## Efficient Cells Can Enhance Health

Please read the instructional manual to get the most out of your device.

### Features:

1. Perfect performance for body treatments like weight loss and pain relief.
2. Portable design so you can use it in different situations.
3. LEDs with wavelength 660nm 850nm infrared.
4. We provide 1 year warranty for belt.

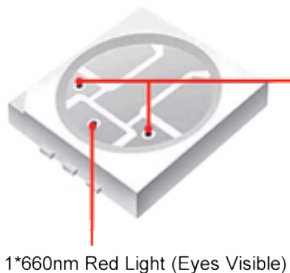
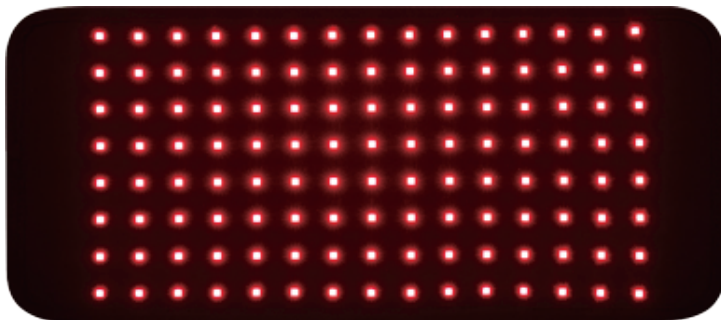


Weight loss

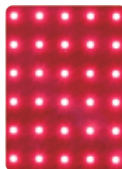


Pain relief

## Parts Of The Light Therapy



2\* 850nm Near  
Infrared  
(Invisible Light)



Red light



Infrared light

## Irradiance Data

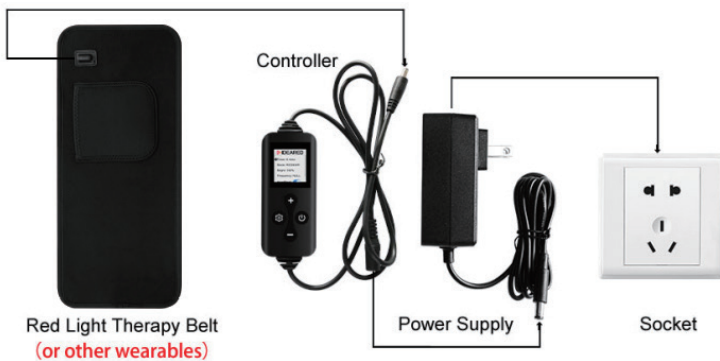


## How To Use It

1



2



# Operate Instruction



## ① Display Window:

- ▶ Displays all features of the device including timer, mode, brightness, frequency and breathing

## ② Set Button:

- ▶ The Settings key is used to toggle between functions such as Timer, Mode, Brightness, Frequency and Breathing.

## ③ and ④ “+”“-” button:

- ▶ Used to adjust the currently selected device settings. When "Timer" is selected, they will adjust the session time in 1-30 minute intervals.

- ▶ If the mode function is selected, then switch between red and near-infrared, red light itself and near-infrared itself.

- ▶ If the brightness function is selected, then will adjust the brightness the lights from 0-100%.

- ▶ If the frequency function is selected, then will adjust the frequency from 0-1000hz

- ▶ If the breathing function is selected, it is toggled between on and off.

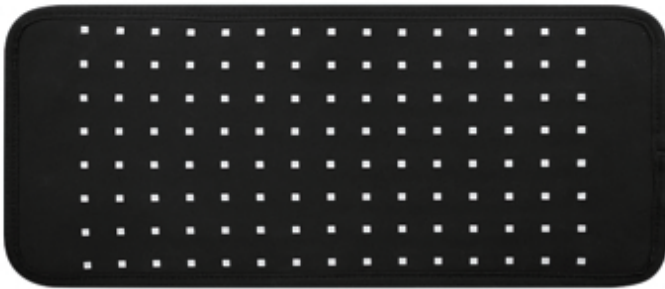
## ⑤ Power button:

- ▶ If the power key is selected, it toggles between on and off.

## What's In The Package

- A.Red Light Therapy Belt    B.12V2A Power Adapter  
C.Controller    D.Power Cable    E.User Manual    F.Elastic

A



B



C



D



E



F



## Operating Instructions

Please read the operating instructions before using the Light Therapy Light Therapy Belt. Keep this manual for reference.

### •Powering The Light Therapy With The Wall Adapter

1. Connect the male end of the remote control cable to the DC power port exiting the Light Therapy belt.
2. Connect the wall power adapter to the female end of the remote control cable.
3. Plug the power adapter into a standard wall outlet.

### •Powering The Light Therapy With The USB Adapter

1. Connect the male end of the remote control cable to the DC power port exiting the Light Therapy belt.
2. Connect the USB adapter to the female end of the remote control cable.
3. Insert the other end of the USB adapter into a USB device, such as a laptop or computer. Alternately, you may insert the USB connector into a standard mobile phone 5V-3A or 5V-4A USB charging adapter and then plug the adapter into a wall outlet.

**WARNING:** The Light Therapy cannot be used with a 12V USB charging adapter.

### •Powering The Light Therapy With An External Battery

The Light Therapy supports the use of a 5V external battery, also called a power bank. The external battery is not included and must be purchased separately from other retailers. To power the Light Therapy with an external battery:

1. Connect the male end of the remote control cable to the DC power port exiting the Light Therapy belt.
2. Connect the external battery pack to the female end of the remote control cable, via the cable included with the battery pack.
3. Place the battery in the pocket at the front of the belt.

## Tips For Using The Light Therapy

### •Using The Light Therapy

- Place the Light Therapy in position on your waist before powering on the device.
- Turn off the Light Therapy before removing it from your waist.
- Do not use continuously for more than 30 minutes, and wait at least 2 hours between 30-minute sessions.
- Use the Light Therapy daily for optimal results.
- We recommend washing and drying your hands thoroughly and only using over clean clothing and skin to keep the therapy surface clean.
- While the Light Therapy is primarily designed for use on the waist and lower back, it may also be used on the upper back, shoulders, arms, legs, hips, or feet. Do not use around the head or neck.
- Do not wear accessories, such as belts or jewelry, under the Light Therapy.
- The remote control cable and power adapter or USB adapter should be disconnected from the belt for storage or travel.

### •Important Safety Information

- Never use the Light Therapy under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to people or property.
- Keep the Light Therapy, remote control, and power cables away from heat sources and fire.
- The device is not waterproof. Keep away from liquids. Do not immerse in water.
- Never use the device or plug/unplug the power cables with wet hands.
- Always power off the device after each use.
- Do not use or wrap the Light Therapy or cables around your head or neck.

### **Note:**

Indoor use only: Light is not waterproof, can not used in water or in wet places.

Repairing: If your light need after-sale service, please contact us directly

Installation : To avoid the danger of electric shock, please turn off the power switch before installation.



## Product Specification:

Product Name:	Therapy Light Belt
Product Size:	45CM*20CM
Frame Color:	Black/Blue
LED Number:	120 pcs
Wavelength:	RED/NIR
Function:	Body slim/ Pain Relief
Power density:	140mw/cm <sup>2</sup> @ surface

### AC WALL POWER ADAPTER

Rated Input: AC 100–240 V ~50/60 Hz

Rated Output: DC 12V

### DC USB ADAPTER CABLE

Rated Input: DC 5V–4A

Rated Output: DC 12V–1.66A

### EXTERNAL BATTERY\*

Rated Input: DC 5V–4A

Rated Output: DC 5V

\*Not included: sold separately from other retailers.

## Caution

- \*Don't use the light around water
- \*Don't stare directly at the light use protective glasses while using the device
- \*Don't treat near the eyes

## Equipment Maintenance

### Cleaning And Disinfecting:

Use only a soft dry cloth to clean the exterior. Never use an abrasive cleanser or submerge in water or any other liquid. This device cannot be sterilized by any liquid or autoclave method.

**Storage:** Store the unit in a cool, dry place, away from direct light and extreme heat.

