

User Manual



Red Light Therapy Pad

Create a better life with LED technology

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Red light Therapy Family !

We are excited to have you join us, and we can't wait to see how you benefit from the power of Red & Near Infrared Light Therapy. It delivers irradiance at both 660 nm (visible red light), 850 nm (non-visible near infrared light), or a combination of both. These light wavelengths have been scientifically proven to provide therapeutic effects.

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.

How Does it Work ?

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, and overall well-being.

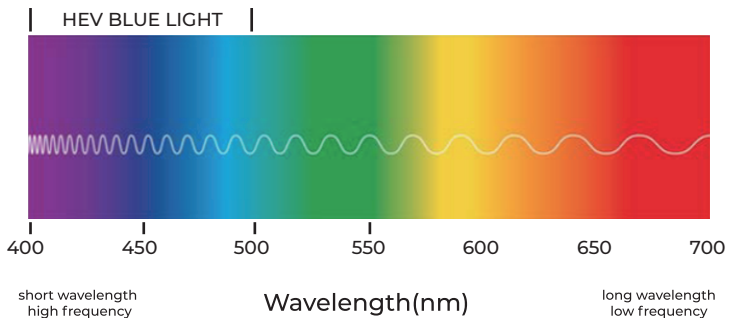
At the highest end of the visible light spectrum is red light, which goes from a little over 600nm to approximately 700nm.

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 been repeatedly shown to have positive effects on cell function in animal and human studies and aid in improving a wide range of conditions.

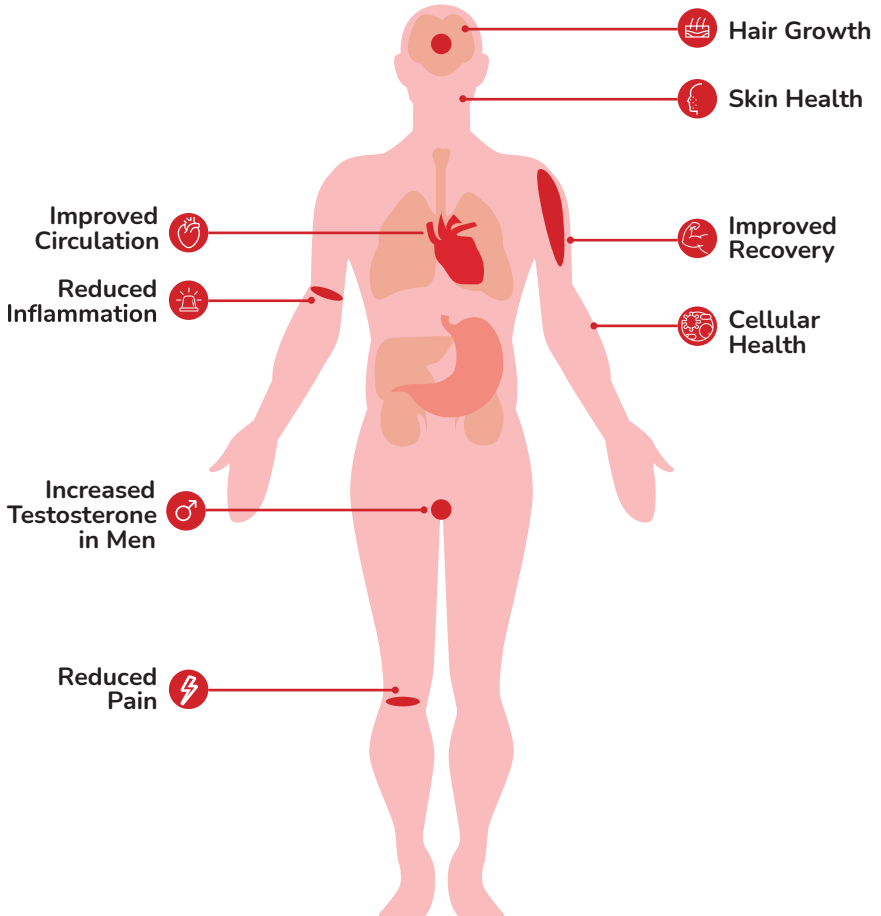
VISIBLE LIGHT SPECTRUM CHART

NATURAL VISIBLE LIGHT SPECTRUM IN NANOMETERS



Benefits Of Red Light Pad

What are the health benefits of light therapy? We'll cover some of the main ones below.





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.



Improved Blood Flow

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



Recovery, Healing, and Performance

Light therapy is widely used by trainers and pro athletes to improve fitness, boost physical 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.



Sleep Optimization

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. When your cells are in greater balance, your skin will look and feel softer and more invigorated.



Inflammation and Pain Relief

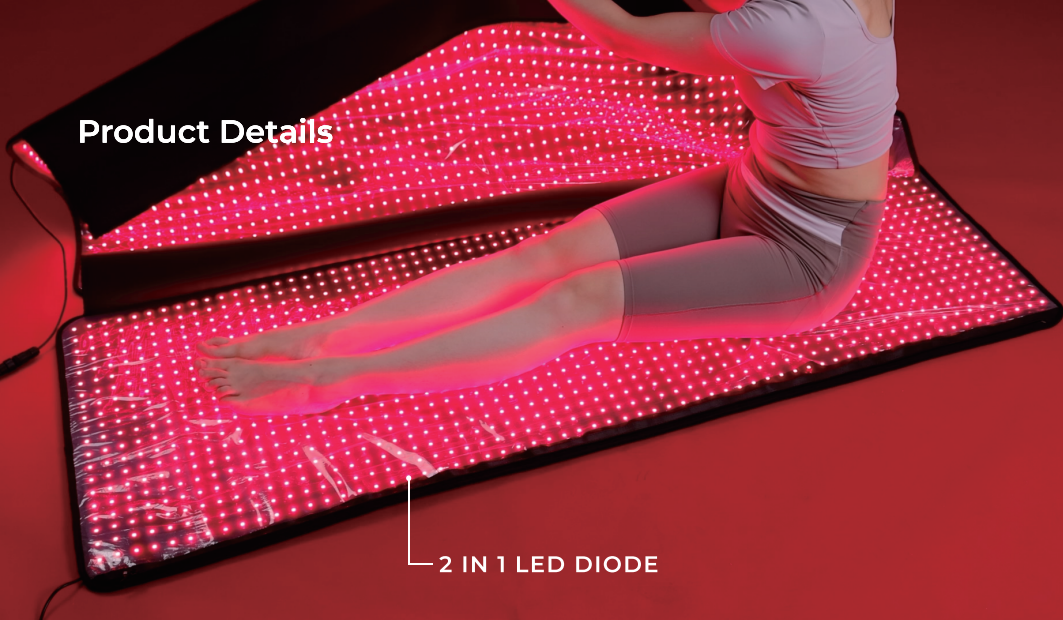
Light therapy help your body's natural inflammation process as you recover from illness or injury. Red light therapy also supports arthritis and joint pain relief by improving blood flow to damaged tissues.



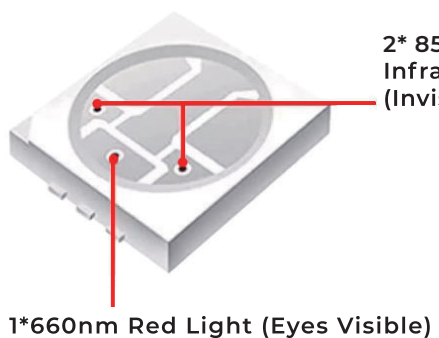
Mental Acuity

Mental acuity is a measure of how well your brain processes and responds in the moment. When shined on the head, NIR wavelengths of light can reach brain cells and stimulate the mitochondria in the body's main processing center. [8] This can improve cellular energy production, enhance blood flow, and support better mental acuity.

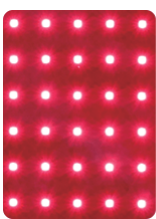
Product Details



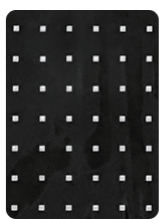
2 IN 1 LED DIODE



2* 850nm Near Infrared (Invisible Light)



Red light



Infrared light

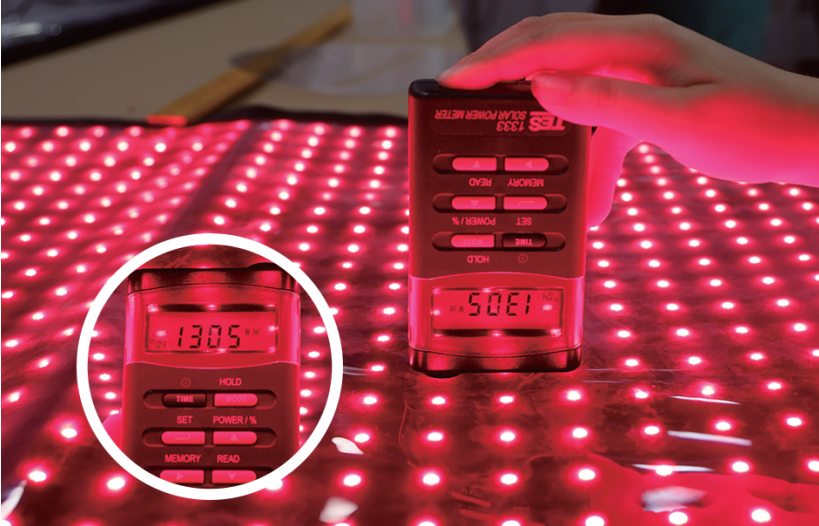


Socket for controller



Socket for power supply

Product irradiance data test



Product Parameters



Product Size: 62x24x8 inches	
Actual power:190W	
LED Quantity:6960 Pcs (2320 pieces 660nm, 4640 pieces 850nm)	
Net weight:10.2 lbs	Irradiance : >100mw/cm2 at the surface
Product Color: Black	Spectrum: Red&NIR/customized
Product Material: Neoprene	Input Voltage: 100V-240V 50/60Hz
Customize: Logo/Shape/Wavelength	Warranty: 1 year
Parts List: 1*Red Therapy Pad+2* Power Adaptor+2* Colorful Controller	
1*Carry bag + 1* User Manual+ 1* Color Box	

How To Use



Step1:

Connect red light mat's cable with one side of remote control, noted please rotate the middle place one as the picture shows). And the another side of remote control attach the power directly , Lastly we can plug in a power source.



Step 2: Remote control operation

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 .

③ and ④: “▶” “◀” button

- ▶ Used to adjust the currently selected device settings. When "Timed" is selected, they will adjust the session time in 1-30 minute intervals.
- ▶ If the mode function is selected, they switch between red and near-infrared, red light itself and near-infrared itself.
- ▶ If the brightness function is selected, they will adjust the brightness of the lights from 0-100%.
- ▶ If the frequency function is selected, they will adjust the frequency from 0-1000hz.

⑤ Power button:

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

Step3: Recommend use time

we recommend a maximum of 10-20 mins for one time



Parts Include



①: 1x Red Light Therapy Pad

②: 2x Power Adapter

③: 2x Colorful Controller

④: 2x Power Cable

⑤: 1x User Manual

⑥: 1x Travel Bag

Frequent Questions

How should I use my red light?

For maximizing cellular health, including deep tissue treatment, it is recommended to use your red light every day or at least five times a week. For getting pain relief from strains and aches, three treatments per day are suggested.

Should I wear eye protection?

Eyewear is not required; it's optional. Your eyes are not accustomed to the red light, and red light may appear very bright. For this reason, we recommend closing your eyes or wear sunglasses. If you have any concerns, consult your trusted healthcare provider.

Why do the near-infrared LEDs on my RTL look like they are not working?

The human eye can only see wavelengths of light up to 760nm on average. red therapy uses a wavelength of 850 nm for the near-infrared LEDs, that a naked human eye cannot observe.

What is the difference between red and near-infrared wavelengths?

Both near-infrared light at 850 nm and red light at 660 nm have been designed to improve cellular function. The main difference is that the skin tissues absorb the red light, leading to enhance collagen production and skin health. Near-infrared light at 850 nm is not visible to the human eye. It penetrates deeper tissue, leading to benefits like increased reduced joint pain and muscle recovery.

Can I wear clothes when using the red light ?

Yes, you can wear clothes, or you can be nude during the treatment. The only thing that does matter is the specific area of the body you want to be treated is fully exposed to the body. That area should not be covered by any clothing.

Will the red light interface with the medications I use?

Many clinical studies and researches have proven that light therapy is effective and safe. However, if you are using medications such as Retin A, Digoxin, Tetracycline, or other photosensitizing drugs, we recommend you to consult your healthcare provider or therapist before using the red light.

Is it safe for children to use the red light?

Clinical studies have shown light therapy to be safe and have no side effects. But, before using red light to children, contact your doctor.

Care and Cleaning

Before cleaning your device(s), make sure the device(s) are powered off and power cords are unplugged from any power source. Please remove devices from their mounting accessories before cleaning. To clean your panel, except lens parts, you can use a microfiber rag with water to clean the body of the device. Do not spray or apply any moisture to the device directly. Be careful when wiping around vented slot openings, LED openings, and any input or output openings to avoid moisture intrusion.

***Caution: Do not use chemical cleaning agents such as alcohol to clean the surface of lens of the device.**

***When not in use, please roll up carefully and for storing.**

Storing the Device(s)

The device and accessories should be stored in a clean and dry location.
Storage Condition:

*** Temperature 0°C ~ 40°C (32°F -104°F)**

*** Humidity less than 50% Warranty RL series devices do not require any user maintenance. If the device requires servicing, please contact at Devices and device parts are not user serviceable.**

Devices and parts are covered by a 1 year warranty limited warranty.

WARNINGS

1. The appliance is not to be used by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction.
2. Children being supervised not to play with the appliance.
3. WARNING: Do not stare at the emitter. Read instructions carefully.
4. Please protection of the eyes against exposure to visible and infrared radiation; strictly follow the cycle time specified in the usage instructions
5. If unexpected side effects, such as itching, occur within 48 h of the first session of using an appliance, medical advice should be sought prior to further exposure;
6. The appliance must not be used if the timer is faulty or the filter is broken or removed.
7. Forbid replacement by the user and tools are needed to replace the emitters.



Our products are not intended to diagnose, treat, cure, or prevent any disease. Our products are low-risk, general wellness / fitness products in accordance with the "General Wellness: Policy on Low Risk Devices" draft released January 20, 2015.