

User Manual



RED LIGHT THERAPY User Guider

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 Blue&Red &Near Infrared Light Therapy. It delivers irradiance at 417nm(visible red light), 630nm(visible red light), 850nm(non-visible near infrared light). 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 ?

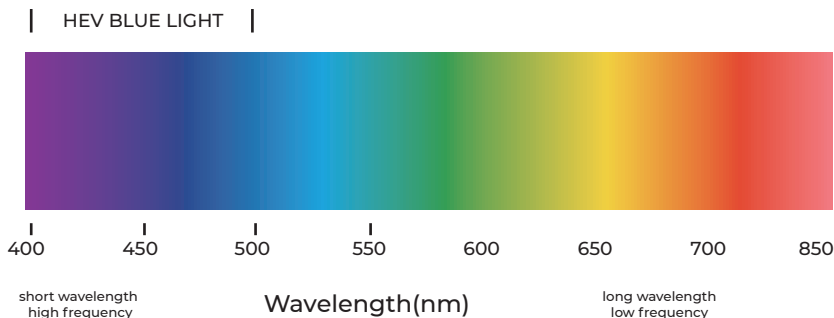
When delivered within the optimal wavelengths and energy levels, red and near infrared light protect your body's cells from nitric oxide damage, which can otherwise stop the cell's production of ATP when you're stressed or ill. Red light photons allow your cells to continue utilizing oxygen effectively 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.

How Does Blue Light Work ?

During the process of blue light therapy, the skin is exposed to blue light (417nm), which is quickly absorbed by acne-causing bacteria. Molecules within the bacteria then react by producing singlet oxygen and free radicals that in-turn destroy the P. Acnes bacteria. Once the body has been exposed to blue light, the use of red light therapy helps to restore normal cellular function and promotes healthy skin rejuvenation.

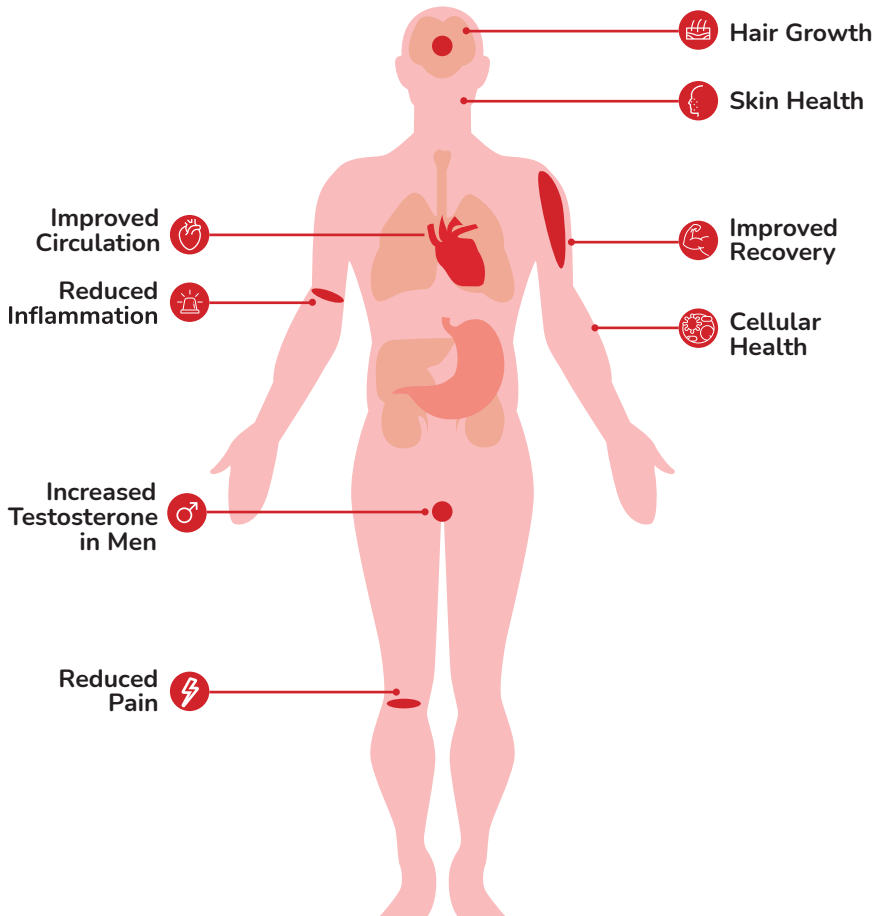
Blue light therapy and red light therapy alone can be used to target acne and acne scars. However, when blue light therapy and red light therapy are used in conjunction with each other; they are much more effective at targeting inflammatory acne.

LIGHT SPECTRUM CHART



Benefits Of Red Light Therapy

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 Structure



Product Specification

Dimensions	21cm *4.5cm*2cm
Top circular dimension	7cm
Irradiance	>200mw/cm2@surface
Wavelength	Blue&Red&NIR (417nm 630nm 850nm)
LED Qty	12pcs Dual LED chip
Power Consumption	7Watt
Weight	0.35KG
Material	Aluminum
Beam Angle	30 degree
Battery Capacity	3000mAH
Power Input	5V 2.1A
Charge Power Output	Type-C
Charging time	>5Hours
Warranty	1 year
Function	Dimmable /pulse function/3 modes
Application	Target treatment



Packing List



Handheld red light therapy



drawstring bag



charger



protective glasses



user manual



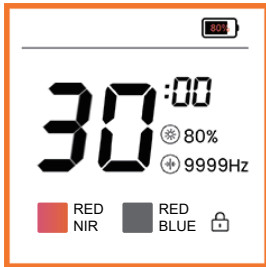
type-c cable

Operating Instructions

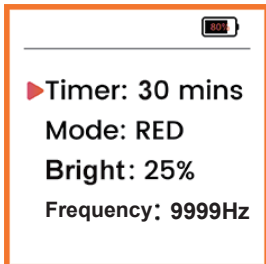
Using the control system

Step 1: Charge the device.

Step 2: Press the power button for 3 seconds to turn on the device. And will come to the main surface of the device. Check below picture:



Step3: Press the "SET" button and will display options: timer, mode, brightness and pulse function.



Step4: "+" button, press these two buttons to set the time duration from 1-30 minutes, the mode (RED&NIR, RED&BLUE, RED&NIR&BLUE), the brightness from 1-100 %, the frequency from 0-10000Hz.

Step 5: After finishing all the settings, please press the power button again to start the light.

Note: can't see near-infrared light with the naked eye.



Charging:

It is a portable and rechargeable red light therapy device. You can use the USB cable provided to recharge the unit using a USB outlet. It can be used for approximately 2 hours on a full charge.

Recommended usage method:

This is a general wellness devices and are not intended to cure or diagnose any medical conditions. Use of this device is designed to help promote overall health and wellness by supporting cellular function.

We recommend 10-minute treatments at 3-6 inches from your device. Additional 10-minute sessions for specific areas may be beneficial but beyond a certain point, the scientific evidence points to diminishing returns. More is not always better. For this reason, we recommend you allow at least 6 hours between treatments of the same area. We recommend no more than 15 minutes in any one session. We recommend using the device 4-10 times per week.

Application:

Combine the efficiency of red light and blue light, it is specially used for repairing and healing acne scar, suitable for face, neck etc.



Before



Now



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.**

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



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.