

User Manual



RED LIGHT THERAPY

User Guide

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 (Invisible 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 (RLT) is a controversial therapeutic technique that uses red low-level wavelengths of light to therapy skin issues, such as wrinkles, scars, and persistent wounds.

How does red light therapy work?

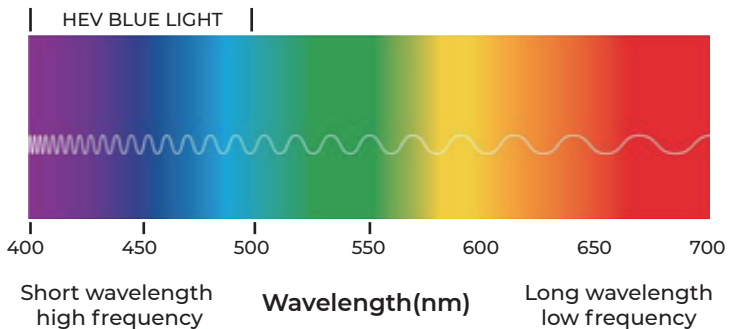
Red light is thought to work by producing a biochemical effect in cells that strengthens the mitochondria. The mitochondria are the powerhouse of the cell – it's where the cell's energy is created. The energy-carrying molecule found in the cells of all living things is called ATP (adenosine triphosphate).

By increasing the function of the mitochondria using RLT, a cell can make more ATP. With more energy, cells can function more efficiently, rejuvenate themselves, and repair damage.

RLT is different from laser or intense pulsed light (IPL) therapies because it doesn't cause damage to the skin surface. Laser and pulsed light therapies work by causing controlled damage to the outer layer of the skin, which then induces tissue repair. RLT bypasses this harsh step by directly stimulating regeneration of the skin. The light emitted by RLT penetrates roughly 5 millimeters below the skin's surface.

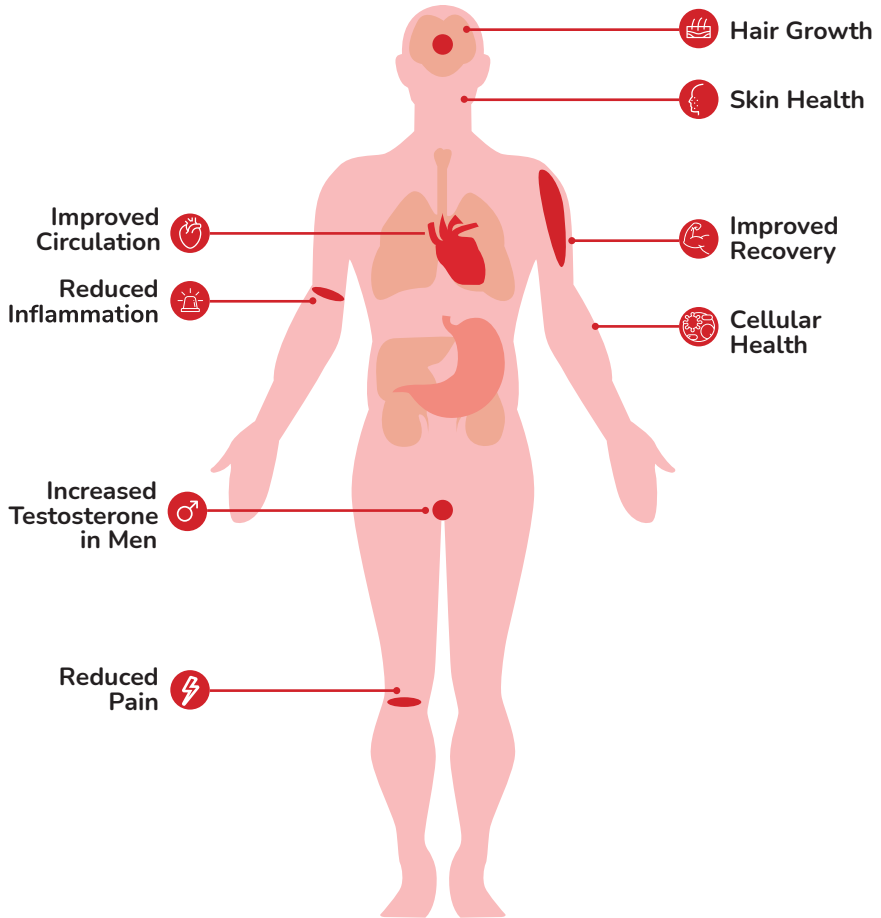
VISIBLE LIGHT SPECTRUM CHART

NATURAL VISIBLE LIGHT SPECTRUM IN NANOMETERS



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

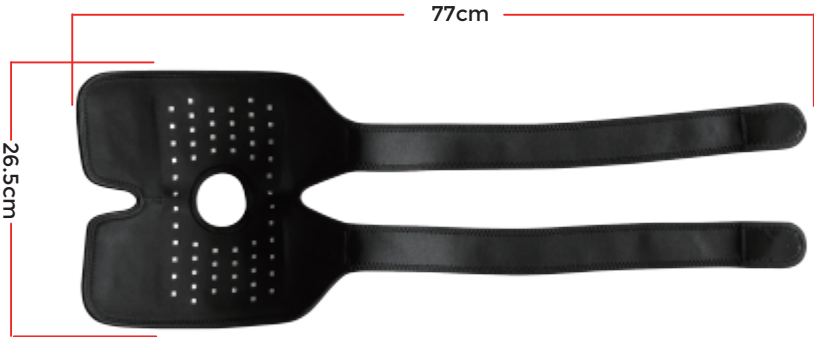
Light therapy help your body's natural inflammation process as you recover from illness or injury. Red light therapy also supports arthritis and joint pain relief by improving blood flow to damaged tissues.



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. This can improve cellular energy production, enhance blood flow, and support better mental acuity.

Product Details



Parameters

Product Name	red therapy knee wrap
Product Size	77*26.5cm
Net Weight	0.5kg
LEDs Quantity	60pcs LED chips
Wavelength	660nm 850nm or customized
Irradiance	>207.9mw/cm2 at at surface ; >54.1mw/cm2 at 1 inch distance
Timer	Always on by default, Max set 30 mins
Pulse Function	10Hz support
Brightness Function	L0;L1;L2;L3;L4
Vibration Function	Yes
Actual Power	10W
Material	Neoprene
Color Options	Black
Parts List	1pc red therapy knee wrap+1pc 12V 2A adapater+1pc remote controller+ 1pc 5V3A USB cable+1pc velcro pocket+1pc manual
Warranty	1 Years

Accessories



red therapy knee wrap



1pc power cord



1pc remote controller



1pc 5V3A USB Cable



1pc velcro pocket



1pc user manual

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.

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►Keep Press the “On/Pulse/Off Button” to turn On the red therapy knee wrap,press a second time to turn on the pulse function.

Press "Mode Button" to toggle through the three modes: red

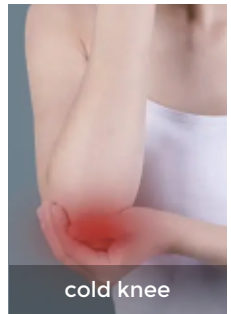
►mode (660nm), infrared mode (850nm), and red + infrared mode(660+850nm).

Press "time button"to set the time duration from 1-30 minutes, in

►After setting the brightness, can be adjusted from 1-100%.

red therapy knee wrap Application & Benefits:

Arthritis Pain, Wound Healing, Healing Burns



1. Improve circulation
2. Safe for all skin types
3. Relieves Stiffness and Spasms
4. Improves tissue hydration and oxygenation
5. Suitable for sports injuries, arthritis, sciatica, neuropathy, sprains, carpal tunnel syndrome, hands.
6. Accelerates Hand Healing



scenes to be used



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.