

Red Light Therapy User Manual



Getting Started

Thank you for purchasing our light!

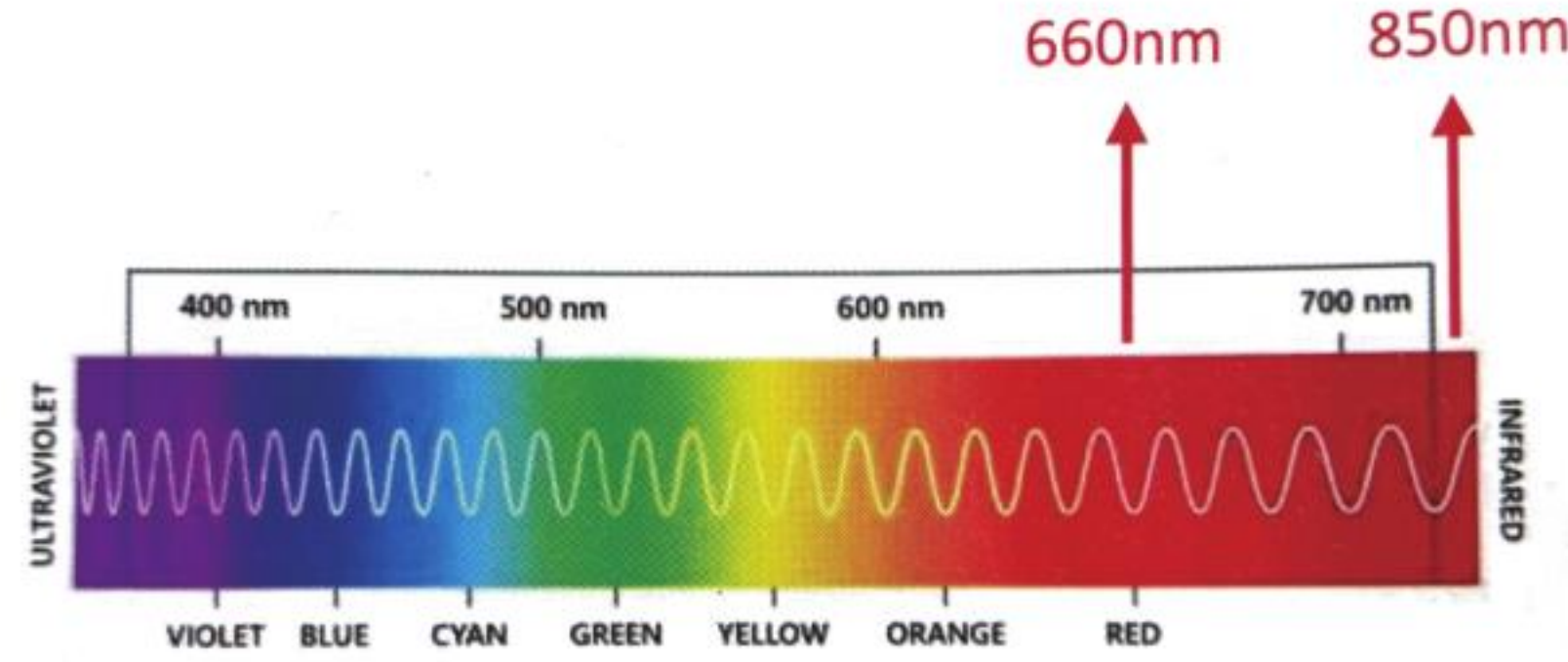
Before getting started, please take a look at this user manual to get tips for usage and maintenance.

This product delivers medical-grade irradiance via red light and infrared light. The 660nm and 850nm(invisible)wavelengths have been proven to be effective in pain relief, wound healing, inflammation reduction, etc.

Consistency is the key.

For the best results,we recommend using 20-minute per time, 3-4 times per week. If you're new to RLT, please start with a 2-minutes treatment, and slowly work up to a 10-minute session for 2 weeks as your body adapts to the therapy.

Trust that your body is benefiting from every therapy session. Some people might see results within days, but improvements in health issues generally take 8-12 weeks of consistent use.



660nm Red Light could speed up the metabolic Reaction of cells, promote skin healthy and speed up healing.

850nm Near infrared light could penetrate deeper into the tissue, organs, and joints, making It ideal for enhancing muscle recovery and reducing joint pain.

Note:850nm is invisible to human naked eyes.



Model ID	75L
Input Voltage	100-240V
Rating Power	75W
LED Source	3030SMD
LED quantity	75PCS Dual-Chip
Wavelength	660:850=1:1
Dimension	335x110mm
Timer	1-30 minutes
Diming	Yes

What Is Included



- 1. Red Light Therapy light
- 2. Blackout goggle
- 3. Adapter
- 4. Controller
- 5. Gooseneck
- 6. Tripod bracket
- 7. Instructions

Accessories are subject to the actual item received.

How to Use



Reverse Tripod



Adjust the height of the bracket as needed (15-61inch adjustable)



Place the support tube on



Install the panel light on the support tube



Connect the panel light with the controller



Connect the controller and power adapter



Plug in the socket



Turn on the controller switch

Controller Instruction



Maintenance

Make sure to turn off the device and unplug the power adapter.