

 mitoredlight

USER MANUAL

 mitoredlight

MitoGLOW™

© 2026 Mito Red Light, LLC. All rights reserved.



CONTENTS

Foreword and Indication of use	04
Product description	05
Contraindications	06
Package contents	07
Remote control instructions	08
Charging information	09
Modes	11
Operation Instructions	12
User guidance	13
Precautions	15
Maintenance	17
Troubleshooting	18
Specifications	19
Safety and EMC	20
Service	27

FOREWORD

This user manual contains essential information for the safe and proper use of this product. The manual is considered a part of the product and must remain accessible at the location where the device is operated throughout its service life. Only individuals with appropriate training, knowledge, and experience should operate this product. All users must read this manual carefully before use. If ownership or use of the product is transferred, this manual must be provided to the new owner or user. Further guidelines include:

- This product should only be operated under proper instruction or authorization.
- Maintenance must be performed by only Mito Red Light LLC.
- If you encounter any operational issues not covered in this manual, please contact Mito Red Light LLC directly.
- This manual may be updated or revised without prior notice, the latest revision can be found at <https://mitoredlight.com/pages/user-manual>
- Keep this manual nearby for easy reference.

Indication of use:

The MitoGLOW LED Mask is an over-the-counter light therapy device designed to emit red, blue, amber, and near-infrared wavelengths. Blue and red wavelengths are indicated to help treat mild to moderate acne vulgaris of the face, while red and near-infrared wavelengths are intended to help improve the appearance of full-face wrinkles.

DO NOT use if currently using retinol, acids (like AHAs or BHAs), or any products that can increase skin photosensitivity.

PRODUCT DESCRIPTION

Product Description: The MitoGLOW Mask delivers advanced, FDA-cleared light therapy that helps your skin look and feel its best-anytime, anywhere. Using clinically validated wavelengths of 630nm (red), 465nm (blue), 590nm (amber), and 830nm (near-infrared) light.

The MitoGLOW targets a range of cosmetic skin concerns, including the appearance of fine lines and uneven-looking skin helping you achieve radiant, balanced, and rejuvenated skin in just minutes a day.

The MitoGLOW Mask comes with 266 LED diodes (1064 total light chips), a controller, eye shields, head straps, bag, user manual, power adapter with America/UK/Europe/Australia adapters.

CONTRAINDICATIONS

Do not use the MitoGLOW™ LED Mask if any of the following apply:

- You are sensitive to light or are using medications or topical products that increase photosensitivity (such as retinol or certain exfoliating acids).
- You have a known allergy to silicone.
- You have a history of seizures triggered by flashing or bright lights.
- You are under 18 years of age.
- Safety during pregnancy has not been established.
- You are currently taking medications known to increase light sensitivity.
- This device should not be used on infants or children.
- Do not apply the mask over the thyroid gland (front of the neck).
- If you have severe, persistent, or diagnosed skin conditions, consult your dermatologist or healthcare provider before use.

Please see page 14 for further precautions

PACKAGE CONTENTS

This package includes:

A - 1 x Face mask with wire

B - 1 x Controller

C - 1 x Head straps

D - 1 x Carrier pouch

E - 1 x User manual

F - 1 x Power adapter plus adapter connectors
(USA/EU/AU/UK)

A



B



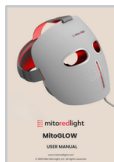
C



D



E



F



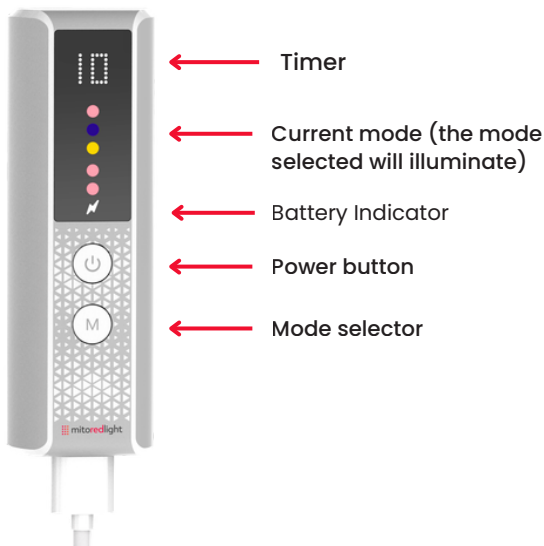
REMOTE CONTROL

Your MitoGLOW™ controller allows you to easily power the device, select your desired light mode, and set session timing. The intuitive display shows your selected mode and remaining session time, so you can relax and enjoy your session with confidence.

The controller includes:

- Power Button – Turns the device on and off
- Mode Selector – Cycles through the available light modes
- Timer Display – Shows remaining session time
- Battery Indicator – Displays current battery level

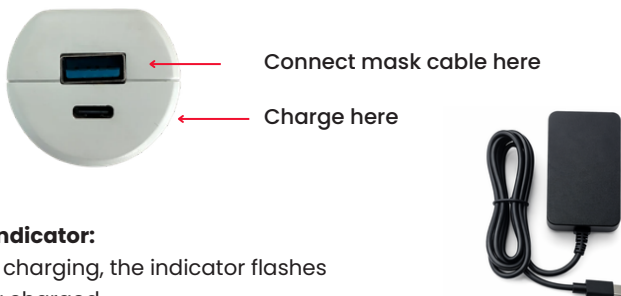
The controller is rechargeable and designed for simple, convenient use at home or while traveling.



CHARGING INFORMATION

Please fully charge the remote control before using your MitoGLOW™ for the first time. Attach the correct regional plug (USA/EU/AU/UK) to the power adapter, plug it into a wall outlet, and connect the USB-C cable to the charging port on the bottom of the controller.

Once charging is complete, connect the mask cable to the top port and attach the head straps to the mask. You're now ready to begin.



Battery indicator:

- While charging, the indicator flashes until fully charged.
- When fully charged, the indicator light turns solid white.
- During normal use:
 - Battery between 25–100%: The indicator light shows solid white.
 - Battery between 1–24%: The indicator light flashes.

Charging Safety:

- Only use supplied power adapter and charging cable to charge
 - Do not charge the device unattended for extended periods (such as overnight).
 - Do not use damaged charging cables or adapters.
 - Disconnect the charger once charging is complete.
 - Do not charge the device under pillows, bedding, or similar materials.
- The controller contains a lithium-ion battery. Do not puncture, crush, or expose the device to fire or excessive heat.

OPERATION INSTRUCTIONS

Charging Safety:

- Only use supplied power adapter and charging cable to charge
- Do not charge the device unattended for extended periods (such as overnight).
- Do not use damaged charging cables or adapters.
- Disconnect the charger once charging is complete.
- Do not charge the device under pillows, bedding, or similar materials.
- The controller contains a lithium-ion battery. Do not puncture, crush, or expose the device to fire or excessive heat.

Adapter Instructions:

If you got a swappable plug head to use in your country:

- Unplug the adapter.
- Hold it so the round socket faces you.
- Line up the plug head's tabs with the socket grooves.
- Hook one side in, then press/slide until it clicks and sits flat.
- Give it a light tug to make sure it's locked.

To remove: press the small release tab near the socket and slide the plug head off.



MODES

Your MitoGLOW comes with five operating modes to boost your skin care goals:

MODE 1: ANTI-AGING MODE

- Red light - 630nm
- Smooths, firms, revitalizes
- Max timer: 10 minutes

MODE 2: PURIFY MODE

- Blue light - 465nm
- Clears, balances, refines pores
- Max timer 5 minutes

MODE 3: CALM MODE

- Orange/Amber - 590nm
- Soothes, Evens tone, Reduces redness, improves skin tone
- Max timer: 10 minutes

MODE 4: DEEP RENEWAL MODE

- Red light - 630 nm and Near-infrared light - 830 nm
- Surface rejuvenation + deeper tissue
- Max timer: 8 minutes

MODE 5: CLARIFY MODE

- Blue light - 465 nm and Red light - 630 nm
- Two-wavelength approach for mild to moderate acne - blue clears, red calms and supports skin health
- Max timer 10 minutes

OPERATION INSTRUCTIONS

HOW TO PREPARE BEFORE YOUR SESSION:

- Before starting, thoroughly cleanse and dry your skin. Remove any cosmetics that contain chemicals or acids that may interfere with the light output and reduce the effectiveness of the session.
- Connect the mask to the controller using the attached cable.

HOW TO WEAR THE MASK PROPERLY:

- Place the mask on your face.
- Secure the velcro strap at the back in a position that is both comfortable and keeps the mask securely in place. Adjust the velcro for a snug and comfortable fit.
- Gently pull down the chin straps to a comfortable position.

HOW TO START A SESSION:

- Turn on the mask by pressing and holding the power button on the controller. When the mask is on, the indicator light will illuminate, signaling the start of the session. To select your mode, press the mode selector button.

HOW TO END YOUR SESSION:

- You can end the session early by pressing and holding the power button on the controller.
- The device will automatically shut off at the end of the programmed session time.

AFTER A SESSION:

- Remove the mask from your face.
- Clean the mask (refer to page 17).
- Store the mask in its packaging or in a clean area.

USER GUIDANCE

First-Time Use

- If you're new to MitoGLOW™, we recommend starting slowly to allow your skin to adjust.
- Begin with a 1–2 minute session of the mode that most interests you. This helps you assess your skin's sensitivity before progressing to full session times.
- Purify Mode may be used to help support mild to moderate acne and support clearer-looking skin.
- Wait for 24 hours. If you experience pain, discomfort, or redness that lasts for more than 2 hours, you may be light-sensitive. Please consult a doctor for advice.
- Do not use the device if you are currently using retinol, exfoliating acids (such as AHAs or BHAs), or any products that may increase skin photosensitivity.
- If unsure whether a product increases photosensitivity, consult your dermatologist.

ADVERSE REACTIONS

If you experience any adverse reactions from using this device, stop using it immediately and contact customer service. Adverse reactions are rare. Mito Red has a full 60 day full refund policy available.

Note: If you experience any discomfort, such as skin discoloration, skin damage, skin irritation or any other concerns that develop, stop using the device immediately and consult your physician.

Always use the mask with eye shields in place.

USER GUIDANCE

Recommended Use

For overall wrinkle reduction and cosmetic rejuvenation, use Anti-Aging Mode (Mode 1), Calm Mode (Mode 3), or Deep Renewal Mode (Mode 4) regularly (3–5 times per week).

Purify Mode (Mode 2) and Clarify Mode (Mode 5) may be incorporated when you wish to support the appearance of clearer-looking, balanced skin.

Continue use based on your personal skin goals while staying within recommended exposure times.

TRAVEL TIPS

The device's lightweight design makes it a perfect travel companion. Here are some travel tips:

- If traveling outside the U.S., do not use the device if the electrical outlet does not meet the specifications: AC100–240V, 50Hz/60Hz.
- Confirm with the airline crew whether the device can be carried and/or used on the airplane.

Always use the mask with eye shields in place.

PRECAUTIONS

Please use your MitoGLOW LED Mask only as described in this manual.

Eye & Light Safety

- This device is not intended for use over the eyes or eyelids.
- Avoid looking directly at the light-emitting diodes.
- Always use the mask with the included eye shields properly in place.
- Never direct the light into another person's eyes.

Skin & Medical Considerations

- Do not use the device if you are sensitive to light.
- Do not use if you are taking medications or using products known to increase light sensitivity.
- Do not use if you are currently taking steroids or NSAIDs, or if you have received a steroid injection within the past 6 months, as this may increase light sensitivity.
- If you are unsure whether a product increases photosensitivity, consult your dermatologist or healthcare provider.
- Do not use the device if you have had a sunburn within the past two weeks.
- If you have received facial fillers or Botox within the past month, consult your healthcare provider before use.
- If you have a history of skin cancer or other persistent skin conditions, consult your healthcare provider before use.
- If you experience excessive redness, discomfort, or irritation, discontinue use and consult a healthcare professional.
- Do not exceed recommended usage times.

PRECAUTIONS

Electrical & Environmental Safety

- Do not use the mask while bathing or showering.
- Keep the device away from water and other liquids. If the device falls into water, unplug it immediately.
- Keep the device away from heat sources, hot surfaces, and flammable liquids or aerosols.
- Do not operate the device near other equipment that emits unshielded electromagnetic energy.
- Connect the USB cable to the controller before plugging the adapter into a wall outlet.
- Do not charge unattended overnight
- Do not use damaged charging cables
- Only use supplied adapter

Device Handling

- Inspect the device before each use. Do not operate if there are signs of damage.
- Do not attempt to disassemble or repair the device. Only authorized personnel should service the device.
- Do not scratch, puncture, or damage the light-emitting surface.
- Do not place body weight on the mask.
- Do not use the device under blankets, sheets, or clothing.
- If the device becomes excessively warm or overheats, turn it off immediately.
- Only use accessories provided or specified by the manufacturer.

Age Restrictions

- This device is intended for adults. Individuals under 18 years old should only use the device under close adult supervision.

MAINTENANCE

The MitoGLOW™ mask is reusable and should be cleaned after each use to maintain hygiene and performance.

To clean your mask:

- Gently wipe the surface with a clean, damp cloth using water only. Do not use soaps or cleaning products.
- Make sure the cloth is lightly damp — not wet — and avoid allowing any liquid to enter the interior of the device.
- If needed, use a clean cloth lightly moistened with 70–75% alcohol to wipe the surface.
- Inspect the mask to ensure it is free of residue, dust, or visible debris. Repeat the cleaning step if necessary.
- Allow the device to air dry completely before storing or using it again.

Important:

- Do not oversaturate the cloth.
- Do not use abrasive cleaners or harsh chemicals.
- Never immerse the device in water or any cleaning liquid.

Proper cleaning helps protect your device and ensures safe, consistent use.

TROUBLESHOOTING

If the device fails to perform as intended, the following notes will help to identify potential problems with the device and its setup.

Problem

Device cannot turn on

Solution

- Ensure that the power supply (controller) of the mask is connected securely.
- Ensure that the controller of the mask has been fully charged.
- Ensure that the controller is unplugged from the power socket.

The device suddenly shuts off (out of essential performance)

- Ensure you are not using other devices that may interfere with the device.
- Ensure that the controller of the mask has been fully charged

Disposal of Electrical and Electronic Equipment Waste (E-waste)

Each city has its own regulations for e-waste disposal. To find out about recycling or disposal programs in your area, search online for "E-waste recycling or disposal." You can also contact your city's sanitation department (or equivalent office) to learn more about local e-recycling policies.

SPECIFICATIONS

Product name	MitoGLOW LED mask
Weight	1 pound
LED bulbs	266 LEDs, 1064 chips
Wavelengths Output	465nm
	590nm
	630nm
	830nm
Battery run time	up to 80 minutes
Operating Temperature	-10°C to 45°C (-14°F to 113°F)
Storing/Transport Temperature	-20°C to 70°C (4°F to 158°F)
Operating Humidity	30%–60% RH (non-condensing)
Storage/Transport Humidity	30%–80% RH (non-condensing)
Charging Supply and Port	5V/2A, USB-A to USB-C cable (3.9 ft)
Charging Cable Battery	3.7V 5000mAh Lithium Battery

SAFETY AND EMC

1) This device is internally power equipment with type BF applied part. It complies with Medical Electrical Safety Standards (IEC 60601-1, IEC 60601-1-11, IEC 60601-2-57).

2) This device is also complied with Medical EMC Standard (IEC 60601-1-2).

Guidance and manufacturer's declaration – electromagnetic emissions		
The MitoGLOW Mask is intended for use in the electromagnetic environment specified below. The customer or the user of the MitoGLOW Mask should assure that it is used in such an environment.		
Emissions	Compliance	Electromagnetic environment-- guidance
RF emissions CISPR 11	Group 1	The MitoGLOW Mask uses LED energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11	Class B	The MitoGLOW Mask is suitable for use in all establishments, including domestic establishments and those directly connected to the public low-voltage power supply network that supplies buildings used for domestic purposes.
Harmonic emissions IEC 61000-3-2	Class A	
Voltage fluctuations/ flicker emissions IEC 61000-3-3	Pst≤1.0; Plt≤0.65; d(t) sec≤0.5; dmax≤4% dc≤3.3%	

Guidance and manufacturer's declaration – electromagnetic immunity

The MitoGLOW Mask is intended for use in the electromagnetic environment specified below. The customer or the user of the MitoGLOW Mask should assure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment --guidance
Electrostatic discharge (ESD) IEC 61000-4-2	±8 kV contact ±2kV, ±4kV, ±8kV, ±15kV air	±8 kV contact ±2kV, ±4kV, ±8kV, ±15kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30 %.
Electrical fast transient/burst IEC 61000-4-4	±2 kV 100 kHz repetition frequency	±2 kV 100 kHz repetition frequency	Mains power quality should be that of a HOME HEALTHCARE ENVIRONMENT
Surge IEC 61000-4-5	± 1 kV Line-to-line	± 1 kV Line-to-line	Mains power quality should be that of a HOME HEALTHCARE ENVIRONMENT
Voltage dips, short interruptions and voltage variations on power supply input lines IEC 61000-4-11	0 % UT; 0,5 cycle (At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315°) 0 % UT; 1 cycle and 70 % UT; 25/30 cycles (Single phase: at 0°) 0 % UT; 250/300 cycle	0 % UT; 0,5 cycle (At 0°, 45°, 90°, 135°, 180°, 225°, 270° and 315°) 0 % UT; 1 cycle and 70 % UT; 25/30 cycles (Single phase: at 0°) 0 % UT; 250/300 cycle	Mains power quality should be a HOME HEALTHCARE ENVIRONMENT. If the user of the MitoGLOW Mask requires continued operation during power mains interruptions, it is recommended that the MitoGLOW Mask be powered from an uninterruptible power supply or a battery.
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	30 A/m	30 A/m	Power frequency magnetic fields should be at levels characteristic of a HOME HEALTHCARE ENVIRONMENT

NOTE UT is the a.c. mains voltage prior to application of the test level

Guidance and manufacturer's declaration – electromagnetic immunity

The MitoGLOW Mask is intended for use in the electromagnetic environment specified below. The customer or the user of the MitoGLOW Mask should assure that it is used in such an environment.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment – guidance
Conducted RF IEC 61000-4-6	3 Vrms 0,15 MHz and 80 MHz 6 Vrms in ISM and amateur radio bands between 0,15 MHz and 80 MHz	3 Vrms 0,15 MHz and 80 MHz 6 Vrms in ISM and amateur radio bands between 0,15 MHz and 80 MHz	Portable and mobile RF communications equipment should be used no closer to any part of the MitoGLOW Mask, including cables, than the recommended separation distance calculated from the equation applicable to the frequency of the transmitter. Recommended separation distance $d=1,2 \sqrt{P}$ $d=1,2 \sqrt{P}$ 80 MHz to 800 MHz $d=2,3 \sqrt{P}$ 80 MHz to 2.7 GHz
Radiated RF IEC 61000-4-3	10 V/m 80 MHz to 2.7GHz 80 % AM at 1 kHz	10 V/m 80 MHz to 2.7GHz 80 % AM at 1 kHz	Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation Distance in meters (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, a should be less than the compliance level in each frequency range. b Interference may occur in the vicinity of Equipment marked with the following symbol: 

NOTE 1 At 80 MHz and 800 MHz, the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

a. Field strengths from fixed transmitters, such as base stations for radio (cellular/cordless) telephones and land mobile radios, amateur radio, AM and FM radio broadcast and TV broadcast cannot be predicted theoretically with accuracy. To assess the electromagnetic environment due to fixed RF transmitters, an electromagnetic site survey should be considered. If the measured field strength in the location in which the MitoGLOW Mask is used exceeds the applicable RF compliance level above, the MitoGLOW Mask should be observed to verify normal operation. If abnormal performance is observed, additional measures may be necessary, such as re-orienting or relocating the MitoGLOW Mask.

b. Over the frequency range 150 kHz to 80 MHz, field strengths should be less than 10 V/m.

Recommended separation distances between portable and mobile RF communications equipment and the MitoGLOW Mask

The MitoGLOW Mask is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the MitoGLOW Mask can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the MitoGLOW Mask as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter (W)	Separation distance according to frequency of transmitter (m)		
	150 kHz to 80 MHz $d=1,2 \sqrt{P}$	80 MHz to 800 MHz $d=1,2 \sqrt{P}$	800 MHz to 2.7 GHz $d=2,3 \sqrt{P}$
0.01	0.12	0.12	0.23
0.1	0.38	0.38	0.73
1	1.2	1.2	2.3
10	3.8	3.8	7.3
100	12	12	23

For transmitters rated at a maximum output power not listed above, the recommended separation distance d in meters (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

Table – Test specifications for ENCLOSURE PORT IMMUNITY to RF wireless communications equipment

Test Frequency (MHz)	Band (MHz)	Service	Modulation	Maximum Power (W)	Distance (m)	Immunity Test Level (V/m)
385	380-390	TETRA 400	Pulse modulation 18 Hz	1.8	0.3	27
450	430-470	GMRS 460, FRS 460	FM ± 5 KHz deviation 1KHz sine	2	0.3	28
710 745 780	704-787	LTE 13, 17 Band	Pulse modulation 217 Hz	0.2	0.3	9
810 870 930	800-960	GSM 800/900, TETRA 800, iDEN 820, CDMA 850, LTE 5 Band	Pulse modulation 18 Hz	2	0.3	28
1720 1845 1970	1700-1990	GSM 1800, CDMA 1900, GSM 1900, DECT,LTE 1, 3, 4, 25 Band, UMTS	Pulse modulation 217 Hz	2	0.3	28
2450	2400-2570	Bluetooth, WLAN 802.11 b/g/n, RFID 2450, LTE 7 Band	Pulse modulation 217 Hz	2	0.3	28
5240 5500 5785	5100-5800	WLAN 802.11 a/n	Pulse modulation 217 Hz	0.2	0.3	9

SYMBOLS AND DESCRIPTION

No.	Symbols	Description
1		Manufacturer
2		Waste electrical products must be disposed of at an authorized recycling facility in accordance with local regulations
3		CONSULT INSTRUCTIONS FOR USE.
4		The date of manufacture
5		Protection against ingress of solids, it means the volume of the solids should be less than 12mm. Protection against ingress of water, it means the device could be protected against vertical falling water drop 15°.
6		Type BF Applied Part
7		Batch code
8		Symbol for "SERIAL NUMBER". This symbol shall be accompanied by the manufacturer's serial number.
9		Temperature limit
10		Humidity limitation
11		CE Mark - Authorized for sale in the EU (LVD & EMC compliance).
12		UKCA - Conformity to UK health, safety, and environmental standards

No.	Symbols	Description
13		FCC – Device meets Federal Communications Commission radiation limits.
14		RoHS–Compliant with Directive 2011/65/EU on hazardous substances.
15		Unique Device Identification Mark.

Manufacturer Information



Company Name: Shenzhen Kaiyan Medical Equipment Co., Ltd
 Address: Building 3, No.40, Fuxin street, Huaide Community, Fuyong Town,
 Baoan District, Shenzhen, Guangdong, 518103, P.R. China
 TEL: +86 0755-8212 9361
 Fax: +86 0755-2502 4651

WARRANTY SERVICE

The MitoGLOW Mask (Model: MJ-252) is manufactured by Mito Red Light LLC. The device contains no user-serviceable parts and should not be disassembled, modified, or repaired by the user. Opening the device housing or attempting to repair internal components may create a safety hazard and will void the warranty.

The MitoGLOW Mask is covered by a one (1) year limited warranty from the original date of purchase delivery. This warranty covers defects in materials and workmanship under normal use. Cosmetic wear, normal aging of materials, and damage resulting from misuse, accident, improper storage, unauthorized modification, or improper handling are not covered under this warranty. Proof of purchase from an authorized seller is required for all warranty claims.

Warranty Service (Within Warranty Period)

If your product becomes defective during the warranty period, please contact Mito Red Light LLC Customer Support for assistance.

Phone: 866-861-6486

Our support team may provide troubleshooting guidance and, if necessary, issue a Return Merchandise Authorization (RMA).

If a return is required, please securely package the item and include:

- Proof of purchase
- Your name, address, and phone number
- The issued RMA number
- A brief description of the issue
- Ship the item to: Mito Red Light LLC, Warranty Department,
9319 N 94th Way, Suite 400, Scottsdale, AZ 85258

The MitoGLOW Mask is not repairable. During the warranty period, Mito Red Light LLC will replace the device or any defective components (such as the controller, charger, or accessories) at our discretion.

Replacement products may be the same model or an equivalent model if the original model is no longer available.

Out-of-Warranty Service

If the device is outside the warranty period or the issue is not covered under warranty, replacement options may be available through customer support. Please contact Mito Red Light LLC Customer Support for assistance.



www.mitoredlight.com

User Manual and Instructional Videos

This user manual and instructional videos can be found here:
<https://mitoredlight.com/pages/user-manual>

Manual Version v1
Issue Date: 03.2026



[/mitoredlight](https://www.facebook.com/mitoredlight)



[@mitoredlightofficial](https://www.instagram.com/mitoredlightofficial)

