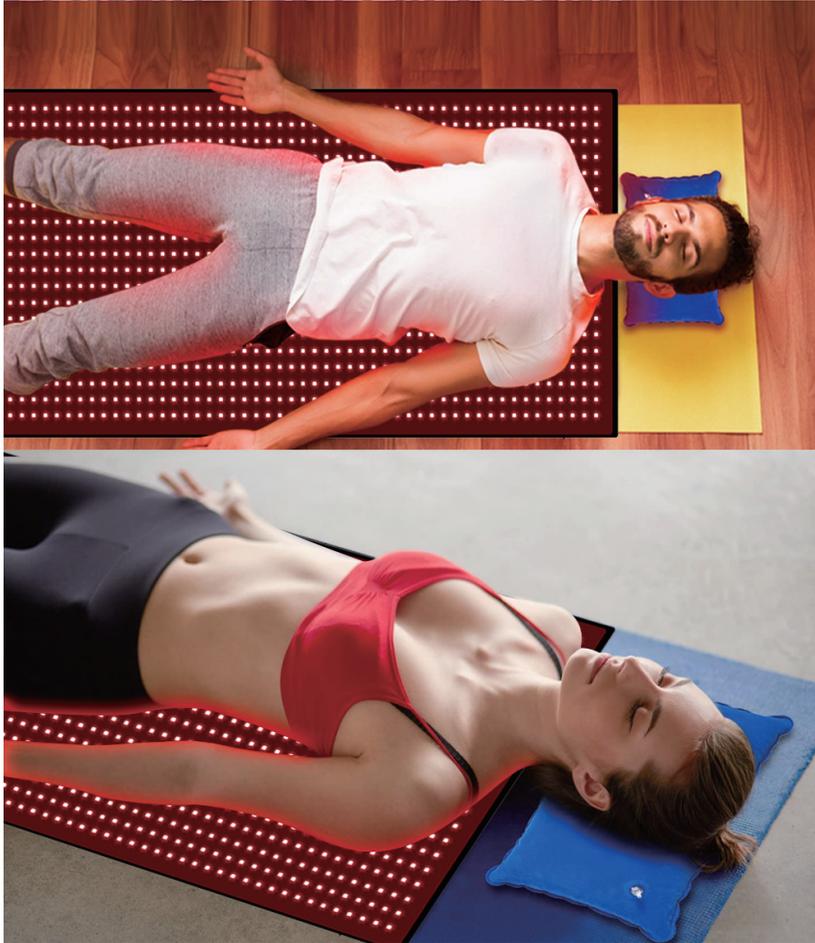


Red Light Therapy Mat for Joints Pain Relief



Thank you for choosing our red light therapy mat. We appreciate your support and hope you'll enjoy this device.



Red Light Therapy Mat Instructional Manual



Thank you for purchasing our product, please read the manual before use.

Say Hello to Your Red Light Therapy

Before starting your first session, please make sure to read this manual as it may explain important operating procedures.

Notes: Each LED inside with three chips . Near Infrared 850nm is invisible to the human naked eyes.

This package includes

1 * Red light Therapy Mat

1 * Power Cord

1 * Adaptor

1 * Connecting Wire

1 * User Manual

The red light device uses a combo of red 660nm and Infrared 850nm LEDs which is chosen to give the ideal wavelengths found in the scientific research of the last three decades.

660nm of red light

This light can be seen by the human eyes and targets skin cells.

850nm of near-infrared light

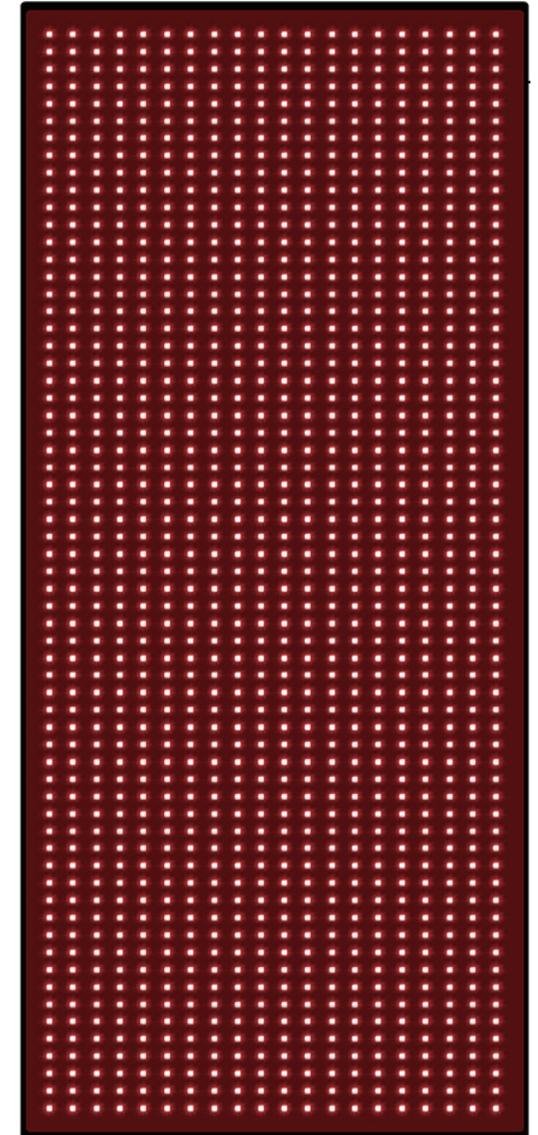
This light cannot be seen by the human eyes and targets deep tissue.

Specifications

Size :	71 * 31Inch	Wave Length :	660nm / 850nm
Color :	Black	Brightness :	P1-P5
Power:	125W	Timer :	10-90min
Light Chips :	1280pcs	Weight:	4.75KG

Red & Near Infrared Light Therapy Mat

Super Large Red Light Therapy Mat



How to Operate



Step 1

Connect the device to the controller



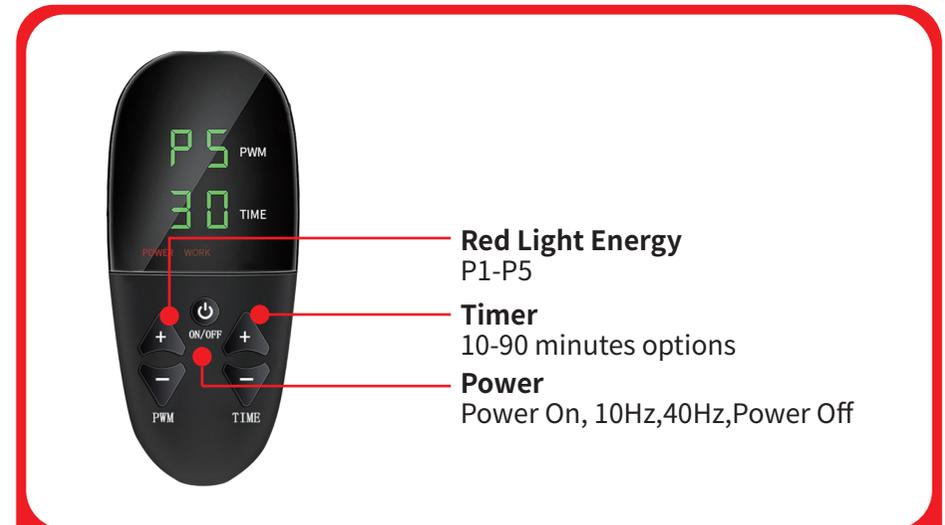
Step 2

Connect the controller with the Power adapter, and then plug in the outlet. (Don't use a power bank supply to charge the device. Cause it wildecrease the power and the intensity of the device)



Step 3

After power on, the mat should flat on the dry and smooth floor, then user need wear the anit-red light glasses, choose the mode you like and enjoy the therapy time.



Red Light Energy
P1-P5

Timer
10-90 minutes options

Power
Power On, 10Hz,40Hz,Power Off

Step 4

To choose different timer for each session, press the switch button first then press the timer button on the controller. This will add time in 10-minute increments up to 90 minutes. And press the power button again to turn off the timer function.

To choose different intensities, press the switch button first then press the + button for higher intensity, or press the - button for lower intensity. And press the power button again to stop adjusting the intensities.

Notice: (It is available to contact with your skin directly. If you are too sensitive to heat, it is recommended to wear fitness clothing when using it.)

How to Best Use the Mat:

Firstly, it is recommended to use it 3-4 times for a week with 30 minutes each time. Continue using it for a few weeks and the results will be good.

Secondly, our red light treatment mat has three modes: full light normal mode, 10Hz pulse mode, and 40Hz pulse mode. Meanwhile, our product performs five different energy designs, from P1 to P5.

We usually recommend customers to choose the full light normal mode and choose P3 based on their own perception of red light heat. If you feel that the heat is not enough, you can adjust it to P5.

Regarding the 10Hz and 40Hz pulse modes, they are designed specifically for thermal sensitive customers. The light will flash 10 times (10Hz) within a second, working in the form of light flashing, then providing a brief buffer for the skin and function. If your skin is too sensitive to heat, it is recommended to choose a 40Hz pulse mode.

How to Clean:

You must turn off the power first and make sure it is not working then clean it. DO NOT clean and immerse it in water. The red light therapy mat is not waterproof.

It only needs to be gently wiped with a dry towel. If there is fog inside the physical therapy mat and cannot see clearly, you can open the zipper and wipe it with a dry towel gently.

Benefits Backed by Science:

Research shows that the wavelengths in the spectrum of 660-850nm show optimal biological response.

- Muscle and Joints Pain
- Speed wound healing
- Enhanced blood circulate
- Weight loss
- Anti-inflammatory
- Decreases pain
- Aging spots and wrinkle removal
- Increase collagen
- Hair Regrowth

Notice: Even though this technology doesn't have side effects, we suggest taking the following precautions:

- ▶ This device is not waterproof!
- ▶ Not intended for use by children and pregnant women.
- ▶ Do not exceed 30 Min. on one same treatment.
- ▶ Don't stare at light directly.
- ▶ Not recommend to use it when sleeping.