

User Manual

Red light shoes



1

Packing list:

Red light shoes	X 1
Adapter	X 1
Booster cable	X 1
Y connecting wires	X 1
User manual	X 1

Using tips:

- 1: Insert the two DC male connectors of the Y connecting wires into the two DC female sockets of shoes separately;
- 2: Insert the DC male connector of the adapter into the DC female connector of the Y connecting wires;
- 2: Insert the AC plug of the adapter into the power strip or wall AC socket.

Power supply mode:

Mobile power supply
Alternating current

2



Intensity Timing

Switch control:

1. Long press button for 2 seconds to turn on or turn off leds of shoes;
2. Timing:
 - Green---Timed for 15 minutes
 - Blue --- Timed for 30 minutes
 - Red --- Timed for 45 minutes
3. Phototherapy intensity:
 - Green --- 80%
 - Blue --- 90%
 - Red --- 100%

3

Using time:

It is recommended to use it for 10-30 minutes at a time, preferably 7 to 10 times a week

Functions:

1. Phototherapy and hot compress mode:
Red light 660nm + near infrared light 850nm all brightness.
2. 3 levels Phototherapy and hot compress mode:
Red indicate 100% intensity,
Blue indicate 90% intensity,
Green indicate 90% intensity.



4

Functions:

Red light therapy is low-level laser therapy (LLLT) or photobiomodulation, which uses a specific wavelengths of light (usually 600nm to 1100nm) to promote cell function and repair, reduce inflammation, and pain relief. Cells absorbed Red & Infrared to converted into bioenergy, stimulating cells' natural repair and regeneration.

Promote cellular energy production:

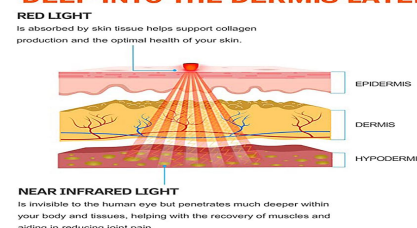
Red light penetrate the skin to the connective tissue, that absorbed by photoreceptors (such as cytochrome c oxidase) in mitochondria, helping to increase cell energy synthesis (ATP) and increasing cell vitality and metabolism.

Enhance blood circulation:

To increases the oxygen and nutrients and accelerates tp waste the elimination.

5

RED LIGHT THERAPY PENETRATES DEEP INTO THE DERMIS LAYER



Promote skin health:

Red light is often used to improve the appearance of skin, such as reducing wrinkles, increasing collagen production, and reducing acne and other skin problems.

Speed up wound healing:

Red light speed up the wound healing process due to it effects on promoting cell regeneration and enhancing immune response.

Pain relief:

Red light therapy reduce pain by reducing nerve sensitivity and improving blood circulation.

6

Applications:

Use for feet at home, office and travel.



7

Warning:

1. Once the body feels uncomfortable when using, please stop use red light;
2. Once the skin appears abnormal when using, please stop use red light;
3. Please avoid looking directly at the red light;
4. Product is prohibited from soaking in water or cleaning.
5. Please do not disassemble or repair without permission.
6. Pregnant women are prohibited from using;
7. Patients with heart disease are prohibited from using this product.

Thank you !

8